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BEAUTY AND THE PRESERVATION OF YOUTH

WITH AN
APPENDIX
· DEALING ·
WITH THE
TOILET
REQUISITES
BY A LADY
EXPERT

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BEAUTY AND THE PRESERVATION OF YOUTH.

THIS book is essentially a practical one, and therefore little space will be devoted to theoretical considerations. Some volumes dealing with the question of personal beauty have consisted mainly of historical accounts of famous women, or of discussions on the cosmetic arts during successive ages, or of essays on national types of beauty, or even of abstract disquisitions as to the nature of beauty itself, leaving very few pages to tell readers how to acquire and preserve beauty and the charms of youthfulness. In this volume, however, it is proposed to offer practical information of a kind which every woman should possess, but which nevertheless few women are sufficiently well provided with

It will perhaps be as well, however, to commence with a definition of beauty, which is not such an easy matter as one might suppose.

Many writers have endeavoured to define beauty, but most of the definitions leave much to be desired, and for the purposes of this book I shall be content with a very obvious and straightforward definition, before inscribing which I will satisfy the curious reader by quoting a few words on the subject from various authorities, with a few added comments of my own.

BEAUTY DEFINED.

Plato described beauty as consisting of "proportion and symmetry," which are obviously two essentials, but which by no means exhaust one's conception of human loveliness.

Hogarth spoke of beauty as dependent upon "waving or curved lines and intricacy of design," but this would apply equally to a wall paper or the pattern of a carpet as to the human form divine.

Cicero was equally vague when he said that beauty consisted of "uniformity and agreement," and St. Augustine was not

more lucid when he spoke of beauty as "compact of truth and unity."

Hutcheson does not help us much when he tells us that beauty is made up of "utility, uniformity, and variety," nor does Kant, who stated that beauty "is irrespective of either utility or design, but that it pleases by the correspondence of the object with the sense."

Addison referred beauty to "a special internal sense which discovers it instinctively as the eye discovers light."

Darwin suggested that we regard as beautiful a person whose appearance represents a very pronounced expression of "whatever type of feature or hue we are most accustomed to, in short, an exaggeration of characteristic peculiarities," and even this, though doubtless very learned and correct, is not a practical definition. We are aware that taste in beauty, as in other matters, is apt to vary. An English beauty with fair hair and a complexion of "milk and roses" might be regarded very unfavourably amongst

the beauty experts of New Guinea, or even by those of China, where dusky skins and dark eyes, and perhaps some artificially produced deformity of person, are essential qualifications.

The last classical definition of beauty to which I shall refer before offering my own practical one, is that of Burke, who speaks of it as "something that is little, smooth, delicate, and easily injured, and which possesses other qualities which excite a sense of tenderness or affection, or some other passion resembling these." This, so far as it goes, is probably true enough, but it only embraces a fragment of the whole subject, since there are forms of beauty which are neither little nor delicate, and which do not excite tenderness or kindred passions. But this is not the place in which to discuss abstract questions, since there is so much that is practical to be said ; and for the purposes of this volume beauty may be said to consist of purity of complexion, luxuriance of hair, whiteness and regu-

larity of the teeth, clearness of eye, and suppleness and grace of figure If I can succeed, as I hope to do, in telling my readers how to act if they would secure these desirable attributes of person, and if I can offer hints as to the preservation of the charms of youth, my object in writing this volume will have been fully attained.

BEAUTY AND HEALTH.

The fact that beauty depends very largely upon good health both of body and mind is fortunately being well recognised by the public. It was not always so, for there was a time when certain forms of illness were supposed to confer an interesting charm to the appearance, which to the minds of some foolish persons appeared to be an adequate compensation for the loss of health.

Thus consumption, which in reality disfigures its victim and robs her of her natural comeliness, was believed to beautify the face, and to enhance the

transparent delicacy of the complexion, whilst giving to the expression an ethereal beauty unknown amongst those in rude health. In point of fact, tuberculosis of the lungs or consumption does not lend these attractions to those it attacks, though there is some excuse for the mistake, in that those whose tissues are exceptionally delicate are more likely to be invaded by the tubercle bacillus than are those of coarser grain ; though when the germs have gained a footing in the body, their activity is destructive of beauty.

Ill health of all kinds is caused by, or exists together with, disordered functions of the bodily organs, and the result is invariably disfiguring. Even a simple headache is a sign that the blood circulating through the brain is impure, and the impurities which poison the brain and cause the ache will poison the skin in turn, and injure the complexion by producing pimples or some other local evidence of irritation of the cuticle.

A disordered liver will paint the skin yellow and render it sallow and flabby, whilst at the same time taking from the eyes their sparkle and freshness, and giving a muddy tinge to the conjunctiva.

Indigestion also impairs the complexion and even destroys the lustre of the hair, and it is certainly capable of diminishing the attractiveness of the figure.

A hundred other instances could be adduced if necessary to show that beauty is dependent upon health, and that even the most lovely person will lose her attractions if she neglects her general health. Happily, however, this fact is being recognised, and it is no longer necessary to labour the point. I will assume, therefore, that all my readers who wish to be beautiful realise that they must care for the health, and secure prompt treatment of any illness or disorder which may attack them, and that they must employ every legitimate means of preserving the integrity of the bodily functions, such as exercise of care in the

matter of diet, as to which a special chapter is provided in this volume, and by breathing fresh air night and day, and by taking proper physical exercise.

It is quite true that beauty and health do not necessarily co-exist, since it is possible to enjoy good health and yet to be plain and homely in appearance, but a really healthy person will always have a clear complexion, bright eyes, abundant hair, sound white teeth, and a bright expression; and, if we add to these a good figure, their possessor will be worthy of envy, and it is not an exaggeration to say that every woman can do something to improve her own possessions in these respects.

Health of mind is as important as that of the body. An anxious worrying disposition will soon wear out the beauty of a lovely face, which will be disfigured by wrinkles, and robbed of its soft curves owing to the gradual loss of subcutaneous fat.

A happy disposition not only gives a

beautiful expression to the face, but it positively modifies the features, rendering them more attractive and comely. The effect of emotional states upon the hair is well known. Anxiety and worry cause thinness and premature greyness, and sudden shocks or periods of intense fear have been known to blanch the hair in a few hours. Happiness is conducive to beauty of the hair as of the face and figure. It is of more importance than one might suppose that these facts should be realised.

THE FIGURE.

The question has often been discussed as to whether it is better to possess a good figure with grace of carriage and of movement or an attractive face. I do not propose to argue the point here, but I would recommend those who are blessed with the one advantage to endeavour to acquire the other as well, for it is possible to do much to supplement Nature's gifts in either respect.

I do not suggest that it is an easy matter to add to the stature, or to straighten crooked limbs, but a good figure depends upon something more than mere stature and straightness of limb, and granted these qualifications, intelligent "physical culture" will secure those curves of beauty which otherwise are apt to be rendered angular by want of proper development, or exaggerated by obesity; and also that grace of motion which is seldom seen amongst those who, through carelessness or laziness, fail to cultivate it. And here let me warn readers against putting themselves into the hands of certain advertising professors of physical culture, who, having no medical qualification and little physiological knowledge, may unwittingly do serious harm to those who entrust themselves to their, far from tender, mercies. I have known several cases of real injury done by such charlatans. Assume, for instance, that a thin and delicate person is anxious to develop rotundity of limb and increase

of chest measurement. She reads an advertisement and consults the advertiser, who orders a severe course of exercises in physical culture, which, instead of proving beneficial, provoke irreparable injury, for the simple reason that the advertising professor not having medical training, overlooked some weakness of the heart, which, had he detected it, would have altered the course of exercises altogether. It cannot be too strongly insisted upon, that those who treat bodily disorders, however slight their character may be, should have proper medical knowledge and physiological training, without which it is not safe to trust a non-medical physical culture professor or a beauty doctor even in a matter as apparently simple as roundness of the shoulders, or for the matter of that, the removal of a wart.

ARTIFICIAL EXERCISE.

The large majority of persons of both sexes get an insufficient amount of bodily

exercise, and such exercise as they are able to secure is not of the best kind for developing the beauty of the human frame. Thousands suffer from the effects of a sedentary and physically inactive life; and many, when advised to take outdoor exercise for the benefit of health and figure, reply that they have neither time nor opportunity for carrying out such instructions.

Regular physical exercise is essential for health and beauty, and where circumstances forbid anything beyond a limited daily walk some substitute for ordinary physical activity must be devised, and this I may call artificial exercise, or, the art of developing muscular and bodily vigour by artificial means.

There are many plans and systems of home exercise which may be recommended to those whose occupation prevents them from taking regular open-air active muscular practice, such as is afforded by walking, and recreations such as tennis, golf, croquet, skating, cycling, etc.

The simplest is known as "trotting on one spot." This can be done during the processes of dressing and undressing. The hands are rested on the hips and the head is thrown well back, and the action of trotting is maintained for ten minutes at a time. This increases the circulatory activity of the blood, and keeps in check the tendency to obesity from which so many suffer.

SELF MASSAGE.

Auto-massage is another excellent form of exercise, the limbs, arms, and abdomen are vigorously rubbed, the legs in an upward and the arms in a downward direction, following the venous circulation; and the abdomen in a circular manner from right to left, following the course of the large intestine. This exercise prevents, and tends to cure, varicose veins, costiveness, and poor circulation, besides having the general advantages of ordinary exercise. The beneficial effect is increased if the hands

be lightly smeared with a mixture of lanoline and olive oil, which may be perfumed with otto of roses, or the very attractive and convenient preparation known as Veronelle Massage Cream may be employed. The effects of auto-massage in conjunction with this cream, in addition to those already named, include an increased suppleness of the limbs, and smoothness and whiteness of the skin. The cream should especially be used to massage the neck, chest and arms.

Horse riding is often prescribed to those suffering from certain troubles of nerves, liver, and circulation; but it is beyond the means of many patients, and others are often frightened because of the risk of accident.

For such, an artificial horse has been devised which may be ridden in one's private room for half an hour every morning and afternoon. The movements of the ordinary rider are accurately imitated, and the instrument has proved

itself immensely valuable to those suffering from want of exercise. In Sweden, many doctors have elaborate systems for artificial exercise, and there are institutions in London and elsewhere with various and complicated machines and instruments for carrying out these systems.

The firm mentioned in the appendix has recently prepared a "home exerciser" which many medical men are now constantly ordering for their patients. It costs from a guinea upwards, and can be fixed in any apartment.

Regular use of this mechanical contrivance tends to develop every part of the physique without strain or fatigue. It strengthens the muscles, invigorates the body, and stimulates the whole system into healthy activity, and makes one feel better, eat better, sleep better, and work better. For those inclined to obesity, or suffering from sedentary lives, this home gymnasium may be recommended.

Those who cannot afford a special

instrument may use dumb-bells and the trotting referred to above, as well as auto-massage.

OBESITY.

Obesity, in its extreme forms, may be regarded as a kind of disease, a deviation from the normal standard of good health, arising from a variety of errors in diet and habit, but most often occurring in those who are predisposed to it by heredity.

It is often associated with a characteristic temperament, in which the tendency to take life easily, and in undisturbed placidity, frequently enough, however, coupled with energy and determined effort, are often well-marked features.

It is often impossible to ruffle an obese person, and circumstances which cause worry, annoyance, or anxiety to a lean and spare mortal do not in any way discompose or agitate the more adipose members of society.

There is no agent more powerful in reducing a person's weight than worry. This fact might be taken into consideration by those who suffer from either extreme. Those who, to use a somewhat vulgar expression, are "all skin and grief" should choose occupations and surroundings where there will be little need for scheming, speculation, or anxiety, whilst those who are, or show a tendency to be, unduly encumbered with fat should choose an active occupation which will tax and fully employ the intellectual and cogitative faculties.

Early rising is an essential to those who wish to reduce their superfluous weight, and no more than seven hours in bed must be allowed.

Exercise is of the greatest importance, and even before breakfast some little time should be devoted to vigorous employment of the muscular system—a brisk game of battledore and shuttlecock, or a few minutes at skipping: though perhaps, at first sight, somewhat undigni-

fied—will do a world of good. The dumb bells should be used night and morning; each bell need not be heavier than two pounds in weight, it is a mistake to use very heavy ones.

Open-air walking should be indulged in daily without fail, and at least three or four miles of ground should be covered, and the more briskly the better.

Next to exercise comes massage, which is a most excellent supplement thereto, though not, as has been stated, an adequate substitute. Massage is, however, a most effective weight reducer. You can apply it for yourself, though if you have a maid or attendant who can do it for you, so much the better. Massage consists in rubbing the body with the hands, as practised in the Turkish baths by the shampooers. The pressure should be firm but not rough, and the muscles and abdomen should be well kneaded.

Turkish baths are very useful for reducing superfluous fat, and they com-

bine not only the advantages of the hot air and the water bath, but also those of massage. A course should be taken, the intervals being regulated by convenience and the effect. Once or twice a week is generally sufficient.

The diet is a most important consideration, but as so many people are not at liberty to entirely arrange the details of their diet, and since many would find it inconvenient to exclude any one item, or number of items, I will give simply an idea as to those things which have a great tendency to over fatten those who are predisposed to corpulency, and indicate a few foods which have the opposite tendency.

To begin with, the less fluid taken the better; drinking increases corpulency, and so a prudent person who wishes to reduce weight will drink no more than is necessary. A small cupful of tea, or even less, is sufficient with one meal, and at dinner no more than half a glass of liquid should be taken.

Those who are fat, however, need not debar themselves of fluid, provided it is taken at the proper time and not in conjunction with food, in fact a tumbler of hot water taken on awakening, and at bed time, will wash both the alimentary system and the blood, carrying off impurities, and otherwise proving beneficial ; and if to the morning draught a teaspoonful of sulphate of soda or of Carlsbad salts be added, the result will be still more advantageous, and will assist in combatting the tendency to obesity, provided of course that the amount of the salt added be regulated according to the laxative effect which it produces.

Never drink cocoa or malt liquors, as these have a tendency to fatten. You may take weak tea with very little sugar or cream, or preferably, if your palate will allow it, without the two latter additions at all. At dinner time you may take either pure water or soda water ; if the latter, an extra pinch of bicarbonate of soda to the half-tumblerful

which you allow yourself will be an advantage. Salutaris water, Apollinaris water, and Perrier water are all excellent.

Take very little sugar, and no sweet-meats or pastry, very little white bread, substituting toasted brown bread or rusks or biscuits, and eat very sparingly of potatoes and farinaceous foods, such as rice, arrowroot, and the various ingredients of milk puddings. Never eat bacon or pork.

You may take fish, meat, toast, or fine brown bread, fruits, and most ordinary foods not objected to above. Green vegetables are good for you, and you should take plenty of fruit in season. Of course, you will carefully guard against over-eating, though no good can come of starving yourself. Vinegar with salad or fish, taken in moderation, is valuable.

Remember also that you have to limit the sugary and starchy foods such as potatoes, rice, white bread, etc., and the fluids,

rather than such things as fat meat, butter, and oil. You may take these latter in moderation, and you may dress your salad with oil as well as vinegar.

It has been mentioned that white bread is to be avoided or taken in the strictest moderation by those suffering from obesity, and that toasted bread or rusks are preferable, but those who really wish to avoid excess of starchy and fattening foods should restrict themselves to gluten bread. This is made from flour from which the starch has been extracted, leaving the gluten or nitrogenous matter only to be eaten. If a flour dough be kneaded under a tap from which water is flowing, the starch will be washed out, and the gluten dough will remain; this process, however, is rather too exacting to be done by amateurs, so it is best to obtain Callard's gluten bread from the well-known firm of that name which prepares numerous foods for diabetic and obese persons. The foods made by Messrs. Callard are practically

starch free, and are prepared of gluten, almonds, bran or similar materials other than carbo-hydrates, and sweetened and flavoured without the addition of sugar, which chemically and physiologically speaking is allied to starch and equally fattening.

Persons suffering from diabetes are rigidly restricted to such substitutes for ordinary bread, and it is safe to say that all fat persons would benefit by using them largely in place of starchy bread stuffs.

You must most carefully avoid constipation, as this favours an unhealthy and obese condition of the body.

Lastly, never take medicines advertised to reduce fatness; there are no drugs capable of doing this safely, and the consequences of taking such may be to seriously impair the health.

Some ladies, though not actually suffering from general stoutness, are bothered by local deposits of adipose tissue, either in the abdominal regions or at the bust

or neck. For the first of these the general treatment already indicated should be persevered with, special attention being given to local massage and the judicious use of occasional aperient medicines, preferably the hot water and sulphate of soda referred to above.

For the second the general dietetic treatment and massage are necessary, provided that there is no doubt that the excess of fulness is due to the deposit of fat, and not to the existence of large mammary glands. This is a question which ladies cannot always decide for themselves, and forms another instance in which it is dangerous to act in such matters on the advice of anyone who has not proper medical training and physiological knowledge.

The third may be due to overgrowth of the thyroid gland and may necessitate medical advice.

HOW TO GROW FAT.

Many persons who are too thin or spare in figure are anxious to increase their bulk somewhat, and to replace unbecoming angles by rounded curves which lend grace and comeliness to a figure.

Those persons who are given to worry, and are always thinking anxiously about either trifles or important matters, are apt to remain thin and meagre; and no matter what they eat, they find their weight will not increase, nor will the hollows fill in. To such persons it is of little use to say that they must cease to worry, for that is often beyond their power; but it is quite possible to advise them to give up anxious and responsible positions where these can be exchanged for duties of a more placid character, for many persons take on work which they cannot really hope to cope with successfully, their love of mental activity and excitement leading them to do more than there is real need for them to do. If

such persons really are anxious to become less fragile and somewhat fatter, they must, as a first step, avoid such overwork, and thereby reduce the necessity for restlessness. Perhaps in no case does hurry tell against one who is too thin than when it is exercised during meal times. A hurried meal is not a nourishing one, and those who wish to get the full value of their food must eat it in a leisurely fashion, and sit still for a while both before and afterwards.

It is probable that, on reading these lines, those who suffer in the manner described may say to themselves that it is all very well to preach, but it is difficult to practice. This is no doubt true, but it is not the less true that when one recognises the necessity for rest, and is determined to do one's best to allow Nature to exercise her functions to the best advantage, this object can be encouraged by allotting an extra half hour to the meal times, and by securing an hour's rest or sleep, if possible, during the day.

Those who wish to become fatter should take plenty of warmth-giving foods such as potatoes, eggs, milk, tapioca, sago, macaroni, rice, peas, beans, arrow-root, bread, and all forms of fatty foods, and they should also take a sufficiency of meats, eating slowly and masticating thoroughly.

Massage is one of the best additional methods of increasing weight. It has the effect of increasing the solidity and firmness of the tissues, whilst improving their contour and grace.

If those who are too thin would rub themselves all over with a small quantity of pure lanoline or Veronelle massage cream occasionally, and especially after bathing, they would find that this simple method would prove of considerable service to them in fulfilling their purpose.

MASSAGE.

Reference has already been made to this art, which consists of rubbing, kneading, and otherwise manipulating the

bodily tissues with the hands, or by means of a mechanical or even an electrical implement, and with or without a lubricant massage cream or "skin food."

The rubbing, to be beneficial, must follow the course of the veins, and never be in the opposite direction excepting in the lighter or return passes. Moreover, especial care and gentleness is needed when the delicate tissues, such as the mammary glands, or the abdominal organs, or the face are being treated, since carelessness or ignorant zeal may be productive of harm, therefore a professional masseuse, to be reliable, must have been trained by a medical teacher. Self massage, as already recommended, is free from danger if the directions given are followed. In rubbing the arms, the direction should be from fingers to shoulder, and the legs should be treated from the feet upwards, in both cases the direction of the venous blood stream being followed. If violent rubbing in

the opposite direction were made, the valves of the veins would be strained, and the circulation, instead of being helped, would be hindered.

In massaging the abdomen as a cure for local obesity, or to promote intestinal activity, the direction should be circular from the right hip over the region of the stomach and down to the left hip and onwards till the circle is complete; this follows the course of the colon or large bowel and promotes its activity.

Massage of the face is a most useful method of preserving the freshness of the skin and removing wrinkles, and it will be referred to in the chapter devoted to the complexion.

THE HANDS.

To whiten the hands is a task which every member of the fair sex is anxious to accomplish, and yet one in which a very large proportion fail, often for want of ordinary care and thought.

No doubt it is a trouble to put on a

pair of gloves when doing any little work of domestic necessity ; but this habit regularly performed, will bring a rich reward in the absence of redness and disfigurement to the hands, which otherwise will invariably follow in spite of any amount of applications of lotions and pastes.

It is really curious to note how careless are the majority of persons over the simple act of drying the hands. Unless this is thoroughly and well performed the hands will chap and become rough, and the skin round the roots of the nails will always be ragged and dirty.

The act of drying the hands not only removes all the moisture of the water, but acts as a stimulant to the skin glands to secrete a supply of the sebaceous and lubricating fluids which keep the hands smooth and soft. The application of water in itself tends to diminish this supply, but the drying process with a soft towel has a compensating effect. One or two minutes at least are necessary in order to

properly perform the process of drying the hands, and after this the skin round the nails should be gently pressed back to prevent its encroachment upon the latter.

Before the hands are dried a few drops of glycerine should be well rubbed into the skin ; this is a very excellent softener when used in this way. If used neat, glycerine is apt to irritate instead of soothing the skin, and if applied with rose-water when the hands have not been softened and cleansed by washing, its good effects are half lost.

It is an unwise thing to sleep in greased gloves as a general rule, but if the hands are very red or rough, an occasional indulgence in this habit is very beneficial. Goose grease, bear's grease, lanoline, Veronelle cream, or plain unsalted lard may be used for this purpose.

Those who have not tried it do not know how effective is sand in whitening the hands. If, after soaping them, as much "silver sand" as will lie on a half-

penny piece be placed in the hands and well rubbed into the lather, the result will be a softening and blanching of red hands which is very gratifying.

Bleaching lotions depend for their efficacy either upon an acid such as fresh lemon juice or upon chloride of lime. Either may be safely used in moderation to whiten the hands. In the first case it is the best and simplest plan to rub the hands with half a lemon, during the act of washing, and in the second, as much fresh chloride of lime as will lie on a sixpenny piece may be added to the water in which the hands are washed, taking care to thoroughly rinse in clean soft rain water before drying.

THE NAILS.

No one who is anxious to appear beautiful can afford to neglect the condition of the nails. However beautiful a hand may be, it is spoilt if the nails are ugly and untidily cut. They should be trimmed regularly with curved scissors.

The use of the "manicure box" should be indispensable to those who wish for beautiful nails. Manicure sets differ in price, but no one need be without one on the score of expense, since they range from a few shillings to five pounds in cost, and though the appointments of the cheaper ones are less elaborate, their efficiency leaves nothing to be desired.

The chief contents of the manicure box are as follows:—The scissors for cutting the nails. In the better boxes two pairs are supplied, curved to suit either hand. The ivory cleaner for freeing the nails from any dirt which may have accumulated there, and for pressing the skin down at the root of the nail. The file for filing the nails after they have been cut with the scissors, so that any unevenness may be removed, and the powder and polisher. The powder should be applied to the nails, and then polished till the latter are perfectly bright and clean with the polisher, which is made of chamois leather.

To a certain degree the character and health are displayed by the shape, structure, and condition of the nails. For instance, long nails show refinement and sensitiveness.

Brittle nails indicate delicate health and a tendency to minor ailments.

Ribbed nails show a tendency to consumption. Clubbed nails display a susceptibility to pulmonary or cardiac weakness, and bronchitis. Wrinkled nails show a tendency to anæmia and want of tone. Many people seem to be under the impression that the appearance of the nails does not matter; but this is a great mistake, as nothing shows the character of the person more unmistakably.

It is just as important that the toe nails should be attended to, though they are seldom seen, for the health of the feet is no small matter, and the results of carelessness in this respect are apt to be very painful and trying. If the toe nails are not regularly trimmed and the callous

skin around their roots pressed back, as recommended in the case of the hands, ingrowing toe nails will be the consequence, and this often leads to deformity of the affected toes. Moreover, healthy feet are necessary to graceful carriage and beauty of figure.

EXCESSIVE PERSPIRATION.

Excessive perspiration is not only an annoyance, it is a positive misery which those afflicted would give anything to be relieved of. What can be more distressing than the possession of hands that are always damp and clammy? Especially when associated, as generally happens, with a sensitive mind, which renders every occasion on which the hands are shaken a source of distress and chagrin. There is, perhaps, one trouble which is in some respects harder to bear, and that is offensive perspiration of the feet, for the sufferer knows that the knowledge of his affliction is never confined to himself, but is apt to be thrust upon the

notice of others in the most unmistakable fashion.

The treatment of excessive local perspiration is of two kinds, namely, general and special. The general treatment consists in endeavouring to correct any obvious disorder of the general health, which will, as a rule, be found defective. Thus, some sufferers are anæmic and need iron and quinine tonics; others are afflicted with general debility, and are in want of cod-liver oil and a liberal supply of nourishing food; others, again, are troubled with nervous exhaustion, and will be benefited by syrup of hypophosphites; many also, are habitually costive and require regular doses of compound liquorice powder.

Next comes the special attention. The observance of the strictest cleanliness is necessary; not only should the hands and feet and, indeed, the whole body be frequently washed, but clean underclothing should be donned more often than is considered necessary by

average individuals, even to the extent of a daily change throughout.

The boots, shoes, and gloves must all be of pervious material, patent leather for the former, and kid for the latter, being unsuitable. Suede is more pervious than any tanned skin.

The hands and feet should be bathed in a special fluid very often, in some cases sea water is effective, in others vinegar and water, and in most cases a mixture of three grains of permanganate of potash to a pint of water proves an agreeable and useful washing liquid.

Belladonna liniment has a beneficial effect ; it has, however, the disadvantage of possessing a dark green colour, which renders it an inconvenient application for the hands, excepting perhaps at bedtime.

A dusting powder composed of equal parts of starch and oxide of zinc is exceedingly useful, and in the case of perspiring feet it alone will generally lead to a complete cure.

From the above it will appear that no

one afflicted as described need despair, for if the directions given be perseveringly followed out, there is a great prospect of complete and speedy cure.

CHILBLAINS.

These troublesome swellings cause such great disfigurement that a few words as to the best means of prevention cannot be out of place.

In nine cases out of ten chilblains are due to depression of the general health, especially amongst those whose circulation is feeble. They consist of an inflamed state of the derma, or true skin, following an arrest of the local blood flow and some obscure changes in the composition of the blood itself.

Those who are subject to chilblains should wear warm clothing, preferably of wool, and should, as far as possible, avoid exposure to extreme cold.

Two other features in the preventive treatment of chilblains consist in the management of food and exercise. The

former should be ample and nourishing ; the latter should be regular and sufficient.

Of all medicines cod-liver oil is the most useful, and if taken directly the cold weather comes in, and continuously during the winter, there will be a great prospect of freedom from this very painful and unsightly affliction ; locally the treatment differs according to the stage or activity of the disorder. When the fingers are swollen and bright and painful, though the skin remains whole, stimulating embrocations are desirable, such, for instance, as opodeldoc, or "hartshorn and oil," or a mixture of equal parts of the latter with chloroform liniment.

Some persons have found Carron oil an effective local remedy, whilst others speak highly of Friar's Balsam. During this stage active friction of the affected parts is to be recommended. These chilblains are often spoken of as being blind, or unbroken. If they are not speedily cured they are apt to break down and become

open, or broken chilblains, and then the local treatment differs, for soothing ointments become necessary. Thus, zinc ointment, marsh-mallow ointment, resin ointment, and other mild applications are most effective, whilst benefit might result from fomentation, or bathing the part with hot water.

When free from chilblains, one of the best means of preserving this freedom is to wash the hands in warm water and to plunge them into perfectly cold water before drying. Whilst the hands are still wet, a little glycerine may be smeared over them, after which they should be thoroughly and vigorously dried.

THE FEET.

It is within the desire of almost everyone to possess shapely feet, and yet most people take the very opposite of the best course to obtain their desire. The natural foot is really a thing of beauty, but it is so seldom to be seen now, even amongst children, that one wonders in

dismay what our feet will be like when another century has left its mark upon the race.

In medical practice doctors are often heard to say that they are appalled to observe the strange and ugly deformities which are to be noticed in the feet, particularly of women and girls.

It has been said by those who wish to excuse the possessors of bad feet that even Juliet and Venus probably had corns, or would have had if they had lived when high heels and patent leather boots were fashionable, and by this statement they seem to indicate that they consider it better to be in the fashion and have deformed feet than to keep the feet natural with Nature's beauty, whilst slightly disregarding fashion's laws.

Fashion demands a high heel, or, until very recently did so, but surely it were better to wear a heel of rather lower build than to have high heels and corns. Fashion admires a small foot, and therefore its votaries compress their feet within

rigid shoes two sizes too small, and they forget, or are ignorant of the fact, that the effect of pressure on the human foot is not to reduce but to enlarge the size.

What are bunions but enlarged joints, and why are they enlarged excepting as a result of pressure? And what are corns if they are not direct evidence of Nature's unwillingness to be coerced by external pressure into a reduction of bulk?

Many are the cures offered and tried by which we seek to do away with corns and bunions; but, as a rule, it is forgotten that it is useless to attempt to cure either unless we first remove the condition which caused the defect.

Those who wish to rejoice in the possession of shapely feet, and who have to get rid of corns and bunions before they can do so, should first make up their mind to have their boots especially made of a soft material, such as kid or calf, and with fairly low heels, and they should decide to wear no other either during the treatment or afterwards.

Pointed toes must also be eschewed. If these precautions are taken, and the usual treatment for the local defect is carefully attended to, it is possible, in almost every instance, to greatly improve the shape of even severely-distorted feet, to say nothing of the accompanying improvement in comfort, and in the grace and elegance with which walking can be accomplished. The two points to be particularly remembered are—first, that pressure on the feet invariably destroys its own object; and, secondly, that grace and elegance remain impossible so long as the feet are cramped and distorted by the presence of corns and bunions.

It is a good plan to rub the feet with lanoline, Veronelle cream, or glycerine in order to render the skin soft and pliable. This habit will ward off the production of corns to a remarkable extent.

Acetic acids, caustics, chromic acid, salicylic collodion, and many other sub-

stances of a burning or caustic character, have been used to destroy corns, and many persons go to a chiropodist and have the excrescences removed by a knife ; yet all will be in vain if the hints given above are not attended to.

THE COMPLEXION.

The peculiar characteristics of a good complexion depend upon a number of factors of which the chief are the texture of the true skin or derma, and of the scarf skin or epidermis; the amount of colour of the pigment deposited in the cells of the cuticle or outer skin; the purity and quality of the blood; and the integrity of the countless pores, glands, and ducts of the skin.

A blonde has a transparent cuticle which allows the capillary blood circulation to suffuse and tinge the cheeks. There is little pigment in the epidermal cells, and the skin glands are smaller and less active than is the case with those of the brunette.

On the other hand, the possessor of a dark and swarthy complexion has, as a rule, a thicker skin than that of her fair sister, and the cells of the cuticle contain a dark pigment. The sebaceous glands

which moisten and, as it were, lubricate the skin are larger and more active, and the whole integument is more opaque.

It will be clear from what has been said, that blondes and brunettes are born and not made, and it is impossible to transform one into the other, but in nine cases out of every ten improvement of complexion is possible, and in a surprising number of cases, good complexions are neglected so that they deteriorate and become colorless, muddy and unattractive.

The first step is to secure functional health, in other words one must make sure that one possesses a wholesome skin. No doubt there are many, who, on reading this, will mutter to themselves that beauty is perhaps even more desirable than wholesomeness, where the skin is concerned, but the fact is commonly overlooked that these two conditions of the skin are really synonymous.

The skin is a vast arrangement of tiny tubes, through which impurities from the blood are constantly being discharged,

and when many of these tubes become blocked and useless, double work is thrown upon upon the others, which, unable to bear the strain, inflame and cause disfigurement. The skin suffers also when the blood contains much impurity, for then, even though the pores are capable of performing well an ordinary amount of work, they fail to deal with an excessive task, excepting with the ill consequences of acne, pimples, blackheads, scurf, and loss of beauty.

It will thus be seen that the skin may suffer injury from within as well as from external influences, and therefore it is that in order to keep a beautiful skin, one must think of the health of the body as well as of cleanliness.

The internal causes of an ugly skin are various, indigestion, costiveness, and disordered liver being the most common. The treatment of these ailments is dealt with elsewhere, but I may mention that an excess of butter and of cooked fats is very apt to cause a flabby condition of

the skin, whilst spices and highly seasoned foods are to be avoided by those who value their appearance.

The word "cleanliness" as applied to the skin is often not properly understood, for the ordinary surface cleansing is for the most part insufficient to keep the pores healthy. We need to wash the tubes themselves, and not only their orifices as represented by the surface of the cuticle. The best cleanser is the Turkish or vapour bath, which is to be recommended to everyone who wishes to have a clean and therefore beautiful skin. When, for any reason, this luxury is unobtainable, a steam bath applied to the face is an effective substitute so far as the complexion is concerned. This can be easily arranged in one's own room, without trouble, by boiling a little water in a pan heated by methylated spirit, and when the water boils, extinguishing the flame and holding the face over the steaming water, the head and the water pan being enveloped with a towel. After

a few minutes the face should be sponged with warm water, and a mixture of equal parts of lanoline and glycerine should be rubbed in. This, by the way, is a most softening, penetrating, and soothing application, which reduces inflammation, heals roughness, and helps overloaded skin glands to empty their contents and to work with renewed health and vigour. Those who prefer to purchase a ready-made preparation rather than go to the trouble of having one especially made up may obtain the Veronelle Massage Cream, already referred to, which is an entirely reliable and very agreeable skin food, and is to be strongly recommended.

FACE MASSAGE.

Reference has already been made to the benefits resulting from massage, but at the risk of repetition I must say a few words on the subject here, with special reference to the face.

Massage, as will have been gathered from an earlier chapter, consists of skil-

fully rubbing the surface of the body, with due attention to the anatomical relations of the part, always rubbing so far as is possible in the direction of the venous blood stream, so as to accelerate the local circulation, and always varying the pressure according to the part operated upon. Such rubbing, by quickening the cutaneous blood stream, causes the blood to take up and carry away many impurities, which, being deposited, would cause pimples and inflammatory blotches; it also aids the local nutrition of the part, and thereby removes wrinkles, hollows, and other skin defects, and by stimulating the skin glands and clearing the ducts, it prevents those blockages of the latter, which we call "blackheads." There is also no doubt that it improves the colour of the skin by reason of the improved activity of capillary circulation; and, therefore, altogether facial massage may be regarded as one of the best aids to beauty, and it has the advantage of being perfectly natural

and harmless, which cannot be said of all cosmetics, lotions, or methods of attempting to beautify the face.

Those who cannot afford to go to a professional masseuse need not despair of obtaining the benefits of massage if only they are patient and persevering, and will devote some five or ten minutes each evening to the process. It is only necessary to procure some gentle lubricant, such as lanoline or Veronelle cream, and after well washing the face in soft water, as hot as can be borne, to smear a little of the unguent on the face and to gently rub the latter, choosing as far as possible the lines leading from the nose outwards in every direction.

The face may be washed after the operation and a little glycerine applied whilst still wet, or the lanoline or Veronelle cream may be left with advantage till the morning.

FRECKLES.

Every face is supplied with pigment

spots which are more or less evenly distributed in such a way as to make up the tone of what we call the complexion. Ephelides or freckles are excessive pigment spots, which, instead of being themselves unnoticeable and merely contributing their atom to the tone or character of the skin, have, as it were, overgrown and run together, making the brown spots or patches which are so familiar to everyone that description is unnecessary.

There are two kinds of freckles, the temporary and permanent; the former are due to the effect of the sun's rays, and are curable; the latter are due to a natural characteristic of the skin itself, and no amount of treatment with cosmetic or lotion will have any effect upon them. It is because these two kinds of freckles are so different that so many ladies are disappointed when they try to cure freckles which may happen to be of the permanent or incurable variety.

Since summer freckles are due to the

effect of the sun, those who wish to avoid them should make use of parasols or veils, particularly when previous experience has shown them that their skins readily take on tan or freckles, for prevention is always better than cure.

There are several remedies which may be successfully used to cure summer freckles, though what suits one case often fails entirely in another. Many persons find that they can get nothing that acts more effectively than fresh buttermilk. Others speak well of virginal milk, made by dropping a drachm of simple tincture of benzoin into an ounce of distilled rose water, stirring meanwhile. A drachm of nitrate of potash dissolved in an ounce of elder flower water makes a lotion successful in some cases.

Some ladies find it sufficient to rub a little pure lanoline into the skin every night; this, by the way, has a very softening and beautifying effect upon the complexion.

Lemon juice may be used with care,

for, in some cases, it removes the freckles, whilst in others it is not only useless, but it irritates the skin to a very disagreeable extent. Perhaps of all the applications for freckles the best is the old-fashioned lemon cream made as follows:—Fresh cream an ounce, new milk six ounces, eau de Cologne one ounce, alum four drachms, sugar two scruples. Mix and add gradually the juice of a lemon, then boil and skim.

A good neutral soap is always desirable, especially for those whose skins soon acquire freckles.

ACNE VULGARIS.

Though spots, pimples and blackheads are considered by many persons to be a local affection, they are almost always due to a constitutional cause, and local treatment alone will seldom prove sufficient to eradicate them. Impurities have got into the blood, and they must be got rid of, and the skin is the channel by which nature seeks to discharge them.

The glands and ducts of the skin are delicate, and if overworked are apt to perform their functions imperfectly, and then the impurities lodge in the integument and set up inflammation. Blackheads consist of the perspiration ducts which have become filled and distended with "sebum" or fatty matter, and salts, which the blood must eject. When distended, dust and dirt collect and mix with the perspiration and darken the mouth of the duct and the exposed contents; hence the appearance which suggests the term "blackhead."

Some persons suppose that a blackhead consists of a maggot in the skin, but this is quite an error.

When a blackhead becomes inflamed it is practically the same as the ordinary red acne pimple, which likewise appears on the face, and also upon the neck, chest, and back; these pimples are hard and ruddy until the contents break down and form into yellow matter, which must be discharged before the spot will disappear.

Spots may be often traced directly to the effect of some digestive impairment, or they may be due to the use of some one unsuitable article of diet, such as coffee or alcohol.

Amongst local causes may be mentioned hard water, impure soap, irritation, as that which occurs to the skin of the neck from a rough collar, or they may be due to poverty of blood or its opposite plethora.

Those who wish to get rid of spots, after reading the above, will not be likely to make the usual mistake of supposing that mere local applications to the face and neck will accomplish their purpose, for if they do they will only meet with disappointment.

The first step should be to detect and treat the constitutional defect which surely exists. Does the food digest well? Do you suffer from flatulence and acidity? Is your tongue furred in the morning? According to the answer to these questions you must decide whether

or not a tonic digestive is necessary. Are you free from costiveness? If not, a gentle aperient, such as cascara sagrada, will do you good.

Are you anæmic and pale, languid, and wanting in spirit and energy? If so, you must take a quinine and iron tonic, or your complexion will not improve, and the spots will always be present and unsightly.

The next step is to decide as to whether you are making any error in using an irritant to the skin. Do you wash your face in hard chalky water? If so, you must desist and procure rain water, or soften the hard water with Veronelle Water Softener.

Does the soap you use bite the skin? some skins are very sensitive, and some soaps dreadfully pernicious. Use the best soap only, and if you still suffer from pimples use soap to the face only every other day; scalded oatmeal or fuller's earth may be substituted on alternate days. Do you wash your face in cold

water? If so you are unwise. You must use tepid or slightly warm water, and on going to bed you should wash the face in very hot water, after which you will very much soothe the skin and soften and nourish it by the use of Veronelle cream.

Having washed the face at night and applied the cream, as described, you will find the skin so softened in the morning that you will be able to squeeze out any blackheads; everyone knows how to do it! If they do not readily exude on slight pressure, you may know that they are not in a fit condition to leave, their tenancy or lease of the perspiration duct has not yet expired, so use no undue force, but wait a few days and then try again. When successful in ejecting the blackheads rub into the skin a lotion consisting of a teaspoonful of common salt, to a tumbler of water. Dab it on the face with a sponge for ten minutes, and then wash the face in tepid water.

If the pimples are very large, and a lot

of yellow matter forms within them, there is so much poison in the blood that you must help it to come out. It has made up its mind to work its passage from the blood, and it will persist in coming through the face, so you had better grant it a first-class express journey. You may manage this by procuring three or four dozen pills, each containing a quarter of a grain of sulphide of calcium; take one after meals, three times a day, until you have taken them all, and you will find that for a little while the spots will discharge more matter, and they will then no doubt disappear altogether, leaving you in a better state of general health, and with a much better complexion.

SKIN ERUPTIONS.

Nothing is more galling, or a source of greater worry, than to be the victim of a chronic skin disease affecting the face or hands, for not only is such a trouble likely to be a most unsightly disfigurement, but the sufferer is apt to

feel that everyone is noticing the blemish, and wondering if it is anything catching, for there are many contagious skin diseases.

Ringworm is easily transferred from one person to another, so there is no wonder that any person suffering from a skin affection that in any way resembles that trouble, or could even be mistaken for it by the most casual observer, feels very sensitive as to her appearance.

Small rough patches of skin on the face, due to psoriasis, may look to anyone but a doctor almost exactly like a ringworm, and thus give rise to more suffering than the actual disease would cause if it appeared in a less conspicuous position.

“Molluscum” is another contagious skin disease; indeed, it is known to doctors as “molluscum contagiosum.” It consists of little pale pimples like barley seeds raised above the skin. If care be not taken, it will spread on the patient herself, as well as possibly being

transmitted to anyone she may kiss, particularly to her children, should she be a mother.

Eczema of the face is a most distressing disease, because it is so unsightly and so difficult to cure, and so likely to spread. Eczema commences with pimples which itch, and on scratching them watery matter exudes and cakes in scabs upon the skin.

Impetigo is a disease in which pustules, or small unhealthy boils, appear on the skin; this is due to a very weak and depressed state of general health.

Comedo is only another name for blackheads, which are not black grubs, as often supposed, but merely skin ducts blocked up with perspiration and dirt.

Warts are overgrown skin papillæ, and are usually more easily removed when they appear on the face than on the hands.

Injected or permanent venules which appear on the nose and cheeks, are due to exposure to the weather, or the use of

alcohol in excess, or in some cases to chronic dyspepsia.

Ringworm, being a distinct disease due to a parasite, must be treated by application of sulphurous acid, iodine, or acetic acid, to kill the germ, attention to the general health meanwhile being requisite.

Psoriasis patches need the application of lanoline, which is colourless, by day, and of tar ointment, which is black, and, therefore, can only be employed when alone, at night. Tar pills and other internal remedies may also be employed. Molluscum contagiosum is, fortunately, easily cured. The contents of the seed-like pimple must be squeezed out and the part well rubbed with boracic acid.

Eczema needs tonic remedies, such as quinine and slight doses of arsenic or strychnine, and also iron, to bring about a cure, whilst local cleanliness and the application of zinc and lanoline ointment are necessary.

Impetigo needs cod-liver oil and a

nourishing diet, and the use of small doses of sulphide of calcium.

Warts on the face may be treated with nitrate of silver caustic, salicylate of collodion and Indian hemp, ten per cent. chromic acid, or acetic acid, any of which preparations can be had ready made from the chemist.

GREASY SKIN OR SEBORRHŒA.

This disorder of the cuticle is by no means uncommon, and, as the reader will already have gathered, it is likely to occur more frequently in those whose complexion is dark and swarthy, rather than amongst blondes. It is due to excessive activity of the sebaceous or skin glands, and is particularly liable to occur amongst those who are overloaded with adipose tissue, and amongst plethoric persons. It is to be treated by attacking any constitutional divergence from health, such as obesity, or dyspepsia, or constipation in the first place, and locally by means of an astringent lotion,

the strength of which must depend upon the severity of the affliction. In mild cases Virginal Milk prepared as described in the appendix will suffice, or toilet vinegar may prove efficient, but in the more troublesome forms of the disease a sulphate of zinc lotion is needed, which may be made by dissolving two grains of the sulphate in an ounce of distilled rose water. In all cases of greasy skin, steaming the face and local massage are desirable.

ABOUT SOAPS.

It is a sad fact that in this country there are not less than two hundred thousand persons suffering from skin diseases, and perhaps four times this number of persons whose skins are irritable and delicate, and, therefore, a source of considerable pain and trouble whenever a cold wind or a frost, or other inclemency of the weather puts the vigour and resisting power of the skin to the test. It is probable that all these

would benefit by using a good pure and emollient soap, and it is quite certain that a large percentage of them would be cured by regularly using such a soap, and refraining, under all or any circumstances, from using any of the strongly alkaline compounds so often sold as toilet soaps.

There are soaps in the market that are so alkaline as to be almost capable of dissolving hair, and certainly capable of destroying the more delicate skin cells of the cuticle.

A moment's thought will show how the use of such pernicious material paves the way for intractable skin diseases, for it dries and kills the superficial skin, closing the ducts and causing a harsh, irritable, and inflamed state of the derma or true skin, which sooner or later finds expression in eczema, psoriasis, and other skin defects.

No doubt there are a certain number of persons whose hide is so tough, or so well tanned by constant neglect and the use of impure soap, that no ill-effect

would follow if sand paper were used to cleanse the face instead of soap ; but such persons now-a-days are in a minority, and certainly do not find support amongst the fairer sex, so that a good and pure soap is a real necessity of the day.

WHAT SOAPS ARE MADE OF.

Soaps are made by boiling a fat either of animal or vegetable origin with an alkali.

Of the alkalies, potash is used for making soft soaps, and soda for making hard and toilet soaps.

Neither of the two ingredients of soap alone are cleansing in their properties. Oil and fat, indeed, are quite the opposite, and, as they will not mix with water, they are allies of dirt instead of the contrary. Soda, again, alone is a caustic and irritant, which destroys the skin and inflames any tissue with which it comes in contact. When these two substances, however, are accurately blended, they form an emollient substance soluble in water, and

which produces a cleansing lather when rubbed therewith. If in a soap either the alkali or the fat preponderate unduly, the soap is either irritant to the skin or it fails to cleanse and curdles upon the water.

Curd soap is made from tallow and soda. This is a very good soap when carefully made in the proper proportions.

Cocoa-nut soap makes a very good lather, since it is capable of absorbing more water than soaps made from other fats. Moreover, the oil is not rendered insoluble by brine, and, therefore, this kind of soap is used at sea, because it can be used with salt water. Those who live at the sea-side, where there is salt in the air, will do well to use cocoa-nut soap. It is made from cocoa-nut oil and soda.

Castile soap contains oil extracted from linseed, nuts, and olives, and a mottled appearance is given to it by adding soda containing a small amount of sulphate of sodium. The white Castile soap is better for the skin.

Castor oil soap is made from the oil of that name mixed with soda,

Palm oil soap is made from soda and the oil obtained from the palm fruit. It is very useful as a toilet soap, being bland and non-irritant.

Lard and soda are used to make a good white soap which is soothing to the skin ; the same also may be said of spermaceti and soda, spermaceti being the product of whales' fat.

Yellow soap is made from resin, soda, and tallow. If there is too much resin the soap inflames the skin.

All toilet soaps are made from some of the above-named ingredients, often coloured and perfumed and rendered transparent. The colouring matter is sometimes bad for the skin, and the perfume is not always an advantage if the health of the integument is considered, and the alcohol used to render the soap transparent does not improve its quality.

If a piece of soap be put in the oven for ten minutes and then taken out and

cut in half, if it is made of inferior fat it will exhale a very objectionable odour, which would not be the case with a pure soap.

An excess of alkali is a common fault of soaps, a very effective and simple test is to place the tip of the tongue to the cake for a moment. If there is an excess of soda or potash, it will burn the tongue; whereas, with a good soap a balmy soft taste only will result. A more certain method is to dissolve a piece of soap in water and drop in it a small piece of red litmus paper, supplied by any chemist; if the soap is alkaline the red paper will turn blue.

Sugar is a substance used to adulterate transparent soaps, and when present it causes the soap to dissolve much too readily. If you cut off a thin slice of soap and apply to it a lighted match, you will detect the smell of burning sugar if that substance is contained in it.

As I indicated before, poisonous and irritating substances are often used to

colour and perfume soaps; but as elaborate chemical tests are required to discover the nature of such impurities, the safest plan is always to select a white, opaque, and scentless soap.

Those who have suffered from the effects of an unsatisfactory soap are referred to the appendix for the names of perfectly reliable scented soaps, some of which are exquisitely scented with perfectly harmless and non-irritant perfumes.

COSMETICS.

There are some ladies who seem to be under the impression that a cosmetic is a magic preparation which will enable the user to ensure beauty of skin. It is true that certain preparations used with discretion and in combination with such accessory processes as facial steaming and massage, and aided by medicinal and constitutional remedies for blood impurity, may be of the greatest benefit to the complexion, but certain cosmetics are composed of dangerous ingredients

such as the chemical salts of mercury and lead, and should be scrupulously avoided. An important object of this book is to enable readers to obtain recipes and directions for securing cosmetic preparations that are entirely free from poisonous and injurious chemicals.

Pink cosmetics, whether in the shape of rouge or in liquid form or in powder, owe their colour either to carmine or vermilion, the former is of vegetable origin and is perfectly harmless, whilst the latter is a salt of mercury and a deadly poison. It is not necessarily dangerous to apply a substance to the skin which if swallowed would be poisonous, but it is surely better to avoid any unnecessary risk, and, therefore, vermilion rouge should not be used. It is easy enough to insist upon a carmine preparation, and only to purchase it from firms that may be relied upon.

White cosmetics, like the red, may be quite harmless or the very opposite,

since they owe their colour either to innocent oxide of zinc or to preparations of lead, which like mercury is poisonous.

Black cosmetic, used chiefly for pencilling the eyebrows, is made of lamp black mixed either with a preparation of wax or with water. The waxy pencil is unsatisfactory for ordinary use, as the colour usually rubs off, though it is used with success for "making up" the face on the stage. The water black when used with discretion is unobjectionable, and, if applied very delicately so as merely to give distinctness of outline to eyebrows that are to fair, the effect may be all that could be desired. If used carelessly, on the other hand, in such fashion that the artifice can be detected, the most unsatisfactory and displeasing result will be produced. The old adage which tells us that the highest art conceals art, applies with much force to the art of cosmetics.

There are many useful and well-known cosmetics, including "skin foods," face

powders, liquid whiteners, cold cream, lip salve, skin lotions, and cerates, etc., directions for preparing which appear in the appendix.

ANÆMIA.

Poorness of blood is an affection known by quite a number of different names, such as anæmia, chlorosis, green sickness, bloodlessness, etc.

The anæmic person is generally pale and sallow, the skin acquiring an almost waxy hue in many instances.

One of the best methods of examining a person to see whether or not they are anæmic is accomplished by depressing the lower eyelid or the lower lip with the forefinger, observing the colour of the inner surface or mucous membrane. In health it should be of a bright pink, whilst in anæmic persons it is a pale, almost cream colour.

The explanation of anæmia is as follows:—Healthy blood contains nearly five millions of red corpuscles to each

cubic centimetre, but that of an anæmic person probably contains as few as three and a-half millions. So that in the blood of an anæmic patient there is a vast deficiency to the extent of many millions of these red corpuscles which carry on the most vital functions of the blood, namely, the nourishment and oxygenation of the tissues. It is clear, therefore, that the body of an anæmic person is being starved within itself.

Anæmia may be caused by deficient or improper food, deficient sunlight, deficient exercise, or by overwork, by profuse bleeding, or any undue or long-continued discharge. Thus it may be caused by anything unduly increasing the expenditure or reducing the income of energy. Costiveness and indigestion by poisoning the blood and reducing the value of the food partaken of may bring about the same state of things.

The great remedy for anæmia is iron ; but before the course of this excellent drug is commenced an aperient should be

taken, and a good digestive tonic, as a weak and disordered stomach sometimes rejects iron.

The following prescription represents an excellent tonic laxative iron mixture:— Take of sulphate of iron, two grains; sulphate of magnesia, fifteen grains; dilute sulphuric acid, ten drops; peppermint water, an ounce. Mix and take this quantity three times daily. Prepare a sixteen-ounce bottle. Sulphate of iron pills, each containing two grains, are preferred by some, as when iron is taken in the shape of a liquid mixture it is apt to blacken the teeth unless the tooth brush is used constantly.

Cod-liver oil and Parrish's food are excellent preparations, which often prove of the greatest service in anæmia. The food should be generous and nourishing, and regular exercise in the fresh air should be taken.

BLUSHING.

Blushing is the sudden emotional suffusion of the face which takes place when

one is in an embarrassing position, either on meeting those of whom one stands in some amount of awe, or on coming in contact with one of the opposite sex, or on being confronted by some fact which calls forth a feeling of shame, surprise, or self-consciousness.

It will be seen from this that I do not include in the above description of the equally disagreeable affection which is called "flushing of the face," which arises from indigestion, weak circulation, tight lacing, and such physical causes.

Blushing is an emotional condition which causes a temporary relaxation of the muscles which surround the facial arteries, and therefore an increased supply of blood reaches the skin, and causes the ruddy glow which is often so very becoming, and yet which so many persons would give half their possessions to control.

Blushing, though a difficult trouble to cure, is a simple matter to understand, even by those whose knowledge of the

human mechanism is slight. It is caused because of the following circumstances:—

All the arteries of the body are surrounded by rings of muscle like the bands which surround a fireman's hose, their chief object being to regulate the amount of blood which flows through them. When they contract they narrow the channel, so that less blood can pass, and when they relax the vessels increase in calibre, and a larger supply of blood passes along.

These muscles are governed by what is called the sympathetic nervous system, which is acted upon by every emotion we feel. The ordinary condition of the muscles is that of moderate contraction, so as to properly regulate the blood supply; but when a violent emotion occupies the attention of the sympathetic system it relaxes its control, and the arteries enlarge and the face becomes flushed. It is as though a man were set at the gates of a water lock or flood channel with his hands on a lever which

would regulate the stream, and as though, when his attention was suddenly called away by some surprising incident, he should lose hold of the lever and allow too much water to escape.

Blushing being an emotional rather than a physical disturbance can seldom be affected in any way by medicines, excepting by such tonics as increase the general nervous power.

The only means of treating blushing is to enable the patient to acquire a certain control of her own feelings, or, in other words, a self possession and assurance which is born of experience and contact with her fellows.

The best advice, therefore, to the person who blushes on the occurrence of certain embarrassing incidents, is to martyr herself for a while by constantly seeking to put herself into the very position which generally calls up the rosy glow to which she objects. By so doing she will surely wear out the ability to blush.

This may seem very impracticable

advice, and yet it is positively the only successful course.

Those who are in earnest in their desire to conquer the tendency to blush should learn some piece of poetry for recitation, or some little humorous story to recite, or a pianoforte solo to play, and they should take every opportunity of thus making themselves prominent before their fellows. The consequence will inevitably be that they will cease to blush, for they will gradually acquire a comfortable assurance which will be hastened in its development by the approval and congratulations of those who listen to their efforts.

There is never any harm in taking, at the same time, a good nerve tonic, which will develop the lacking nervous tone.

FLUSHING OF THE FACE.

Blushing has been described as flushing of the face, due to emotional causes, whilst the subject of this chapter is the result of physical and nervous troubles. Thus blushing occurs in persons of excel-

lent general health, which cannot be said of the trouble spoken of as flushing of the face, for the subjects of the latter affection are never in quite a satisfactory state of health.

Sufferers from flushing of the face may be divided into two classes—first, those who suffer also from indigestion; and second, those who are not at all dyspeptic. Dyspepsia is quite sufficient to account for the trouble, and in many persons there is no other cause.

The treatment of this form of the ailment is very simple. The food must be taken regularly in moderate quantities, and without the least haste or hurried mastication. Every indigestible dish must be rejected, neither cheese, pickles, cucumber, radishes, nuts, pork, veal, bacon, nor malt liquors being taken. Costiveness must be treated, and a tonic digestive medicine must be administered, and if one does not cure, another must be tried. Some persons find complete cure from taking nux vomica tincture and

bicarbonate of potash, five drops of the former and five grains of the latter for each dose dissolved in water. Others derive benefit from a few drops of cajeput or of peppermint, taken on a lump of sugar, when the flushing manifests itself.

The other kind of flushing of the face occurs in persons of feeble circulation and of nervous and excitable temperament, those of hysterical tendencies being especial sufferers. In these cases any functional disorder will induce the flushing; an attack of costiveness will be to blame on one occasion, or a depressing cold on another. Or tightness of clothing may be the exciting cause, for in these persons the nerves are very susceptible, and the circulation responds to the impressions received by the nerves.

To these sufferers I give the following advice, which generally leads to a cure:—

Strive to improve the general health and the vigour of the circulation by regular outdoor exercise, morning bathing, and dumb-bell exercise.

Never neglect any irregularity in the general health, taking great care to treat costiveness should it arise.

Never wear any tight clothing; you will not recover if you have a tightly-laced waist, for the constriction impedes the circulation, displaces the liver, and presses the stomach against the apex of the heart, and flushing of the face is the inevitable result.

And lastly, having paid attention to the hints given above, try the following medicines. (1) Oxide of zinc pills, each to contain two grains, with or without the addition of a tenth part of a grain of belladonna extract; take one after meals twice daily. (2) Twenty drops of tincture of valerian in water three times daily. (3) A good quinine and iron tonic.

REDNESS OF THE NOSE.

There are so many persons whose lives are rendered miserable by the fact that the colour of the cuticle covering and around the proboscis, is in their case so

much more ruddy than that of the surrounding complexion, that a few words upon the subject will not be out of place here.

Everyone knows that too frequent and ample libations of alcoholic beverages will surely inject the nasal capillaries, and cause the flamboyant aspect which is so much dreaded, especially by members of our gentler sex ; but on this form of trouble I have little to say, since those who are so afflicted know the cause, and can choose between their appetite and their appearance ; and, indeed, for sufferers from this disfigurement when caused by alcohol, one has comparatively little pity, for our sympathy must be reserved for those who are not guilty of any habit of self-indulgence, and who are probably total abstainers from alcohol, and yet who suffer as severely as does the most pronounced of topers.

There are many causes of red noses, even after alcohol has been set aside.

Indigestion is one very unmistakable

and frequent cause, and when a patient suffers from redness of the nose, and at the same time, from indigestion, it is better to treat the indigestion first, before attempting any local treatment of the nasal disfigurement, since the red nose cannot be made to lose its superfluous colour until the digestion is in proper working order. The same statements apply to feeble circulation, for when anyone has a weak circulation the extremities are the first to suffer, and the nose may be regarded as an extremity for the purpose of our remarks, since the nose is comparatively isolated, and its capillaries are amongst the first to display the effects of a feeble supply of blood ; and, therefore, if you suffer from a red nose and from weak circulation, strive to have the latter cured before you hope to remedy the former.

Remember also that any act or condition which affects the circulation will also influence the colour of the nose. Thus, tight-lacing, garters, insufficient clothing,

&c., are all indirectly responsible for undue redness of the nose.

The trouble I am considering is often caused by acne pimples, and sometimes by one or two little inflamed patches deeply seated under the skin of the nose. In these cases nothing succeeds better than a quarter-grain sulphide of calcium pill taken after every meal for many weeks. The effect of this drug is sometimes little short of marvellous.

There are two methods which are sometimes successful in curing redness of the nose, which I mention rather than recommend, for I am not sure that they are safe to do no injury to the skin, excepting in the most careful hands.

The first consists of sponging the nose, after removing all traces of grease by means of soap and water, with dilute solution of peroxide of hydrogen; and the second consists of a sponging with water containing a trace of chloride of lime.

THE HAIR.

The hair is a modification of the cells of the cuticle. This statement may seem hard to believe, especially when one is informed that the nails are similarly a product of the skin cells. Its importance lies in the fact that the growth and nourishment of the hair are dependent upon the health of the skin and of the nerves and glands of the integument, and that local applications of hair stimulants will therefore fail of their purpose unless the general health of the body, and particularly of the skin, are taken into consideration.

Each hair is a shaft made up of a series of conical zones, one fitting within the other. If these cones fit accurately, the hair is straight, whilst if there is unevenness in the fashion in which the cones fit into each other, the hair is wavy or curly according to the amount of the deviation from perfect regularity. It is as though one fitted a number of conical funnels

or cups into each other, and then twisted or bent the column. The curliness of the hair also depends upon the shape of the follicle from which it grows. Some of these are straight, whilst others are spiral or curved; the hair cones are moulded to each other in these follicles and the hair shaft takes its shape accordingly.

Each hair consists of a shaft, which is the visible portion, and a root, which fits into the follicle, and it is from the follicle that the nutriment is supplied since the sebaceous glands, which secrete an oil, and the blood vessels and nerves, are here arranged around the root.

The shaft of the hair is a cylinder, and contains within the fibrous sheath, fat cells impregnated with pigment, and upon these contents and not upon the exterior or surface of the hair does the colour depend. The pigment which colours the hair contains certain mineral ingredients including sulphur, magnesia, and iron. Fair blonde hair is rich in mag-

nesia, brown hair contains sulphur, whilst auburn and black hair are well supplied with iron. These facts have been used to restore lost colour by means of internal administrations and outward application of medicines and lotions containing these mineral substances. There is a difference between a hair restorer and a dye in that the former acts upon the natural pigment contained in the hair, whilst the latter stains or dyes the surface of the hair shafts.

Recipes for hair dyes will be found in the appendix. They depend upon nitrate of silver, lead, or pyrogallie acid combined with iron for the most part, but those containing any preparation of lead are not to be recommended, since lead is a poison, and its application, even to the hair, may bring about the serious consequences covered by the term "plumbism," or lead poisoning. Whenever it is considered advisable to make use of a hair dye it should be remembered that before its application the hair should be

well washed with soap and water, since otherwise the natural grease of the hair will interfere with the action of the dye, rendering the effect patchy or even producing a green colour in place of the brown or black desired. After applying a nitrate of silver dye the hair should be exposed to the light, and if the sun is shining, so much the better, since the action of the light is needed to produce the colour. Never apply a silver dye at night or even on a dull day. The best hair dyes are those depending upon nitrate of silver, which produce a better and more permanent colour than any others, and they are the least harmful, though it must be understood that there is no such thing as a perfectly harmless hair dye.

Hair stains made of walnut juice, permanganate of potassium etc., have two disadvantages in that they stain the skin as well as the hair, and their effect upon the hair is only temporary. Recipes and directions will be found in the appendix.

Golden hair wash is not really a dye, though those who use it are commonly spoken of as having "dyed their hair." In reality they have partially bleached it. Golden hair dye consists of a solution of peroxide of hydrogen in water. According to the strength employed, it will transform the colour of dark or black hair to auburn, golden, or even a flaxen shade. If used with discretion and moderation the hair does not suffer greatly, but when used to excess the hair becomes lustreless, dry and brittle, and soon falls out.

LOSS OF HAIR.

When the hair falls out, first look out for a local cause. Is there any dryness or other affection of the scalp? If so, it must be treated before ordinary hair restorers or pomades will be of service. A little glycerine will often succeed in softening a harsh skin, and thereby in removing the chief cause of destruction of the hair. The best plan is to wash the hair in a basin of hot soft water in which an ounce

of "glycerine of borax" has been dissolved; or a little glycerine may be rubbed into the scalp after washing, and before the hair is thoroughly dry.

The next point is to consider whether there is any pressure on the head at any time, which either by compressing the blood vessels prevents the circulation in the scalp, or by keeping away the fresh air suffocates the thousands of breathing points possessed by the skin. Such conditions may be due to wearing a hat, or bonnet, which is too heavy or impervious to the air. Both men and women often lose hair from such a cause, indeed, some hats worn by ladies are so heavy as not only to affect the hair, but also to cause severe headaches and general bodily discomfort.

It has been noticed that the Blue Coat School boys, who never wear hats, always have thick and abundant hair, and, similarly, patients who suffer from consumption and are sent to an open-air sanatorium, nearly always develop a

luxuriant growth, owing to the habit of going about hatless in all weathers. We may take a hint from these facts and discard hats on all convenient occasions, and wear light ones of pervious material in preference to heavy and non-transpirable ones.

Debility and failing health often manifest themselves by a gradual loss of hair, and then local applications alone are valueless; tonics, fresh air, freedom from anxiety, rest, and a very generous dietary being requisite for the cure.

Anything which hinders the blood circulation in the scalp causes baldness, and conversely whatever promotes a healthy activity of the cutaneous blood stream is advantageous; therefore the habit of brushing the hair regularly for some minutes night and morning is often effective in producing a luxuriant growth of hair, since it stimulates the circulation.

Of all drugs for local application the most valuable hair nourisher[“] is Cantharides. If, therefore, this be mixed

with lanoline, glycerine, vaseline, or any emollient, and regularly rubbed in, good results may be expected, where other points above referred to are attended to.

Perhaps the best hair tonic is the Veronelle preparation mentioned in the appendix.

SCURF OR DANDRUFF.

Not only is it unpleasant to have a head "full of scurf," but it is a danger as well, for the scurf, like the weeds amongst flowers in a garden, will destroy the hair at the roots of which it is found if it be not properly eradicated ; in fact, inattention to or ignorance of this truth leads often to thinness and loss of hair, as well as to premature baldness.

Scurf consists of an over-growth of the skin scales of the scalp, with which is mingled "sebum" or the greasy matter secreted by the glands which abound in the skin, especially where hair grows. A common cause of this excessive shedding of the skin and sebaceous matter is want

of attention and of occasional friction, as by brushing. Another cause is dryness from want of occasional use of pomade or hair wash. The same condition may be caused by too frequent washing, or it may come about with no apparent cause, being a peculiarity of the individual.

In mild cases of scurf it is sufficient to brush the scalp with only moderately stiff brushes several times daily, and for some minutes on each occasion.

In very severe cases the very best remedy is glycerine and borax, which may be regarded as a specific cure when freely used. This preparation should be thoroughly applied at night, and, on the morning after the application the head should be well washed and a little of the following mixture should be rubbed into the hair roots after thoroughly drying the hair. Mix together half-an-ounce of spirit of rosemary, a quarter-of-an-ounce of nut-oil, a quarter-of-an-ounce of dilute liquid ammonia, an ounce of rose-water, and a drachm of tincture of cantharides.

This lotion strengthens the hair, cleanses and softens the scalp, and tends to prevent the re-formation of scurf.

In milder cases it is sufficient to wash the head in water containing half-a-teaspoonful of powdered borax, and afterwards rub in a little white vaseline, and brush the scalp regularly. Brilliantine, which consists of a solution of castor oil in alcohol, is a very effective scurf cure.

The presence of scurf on the scalp should never be neglected, as the result in the long run is sure to be harmful, if not disastrous.

SUPERFLUOUS HAIR.

DEPILLATORIES.

Sometimes hair makes its appearance where it is not wanted, and the problem has to be solved as to the best method of obliterating it. Depillatories or hair destroyers consist of strong alkalis or caustics which are applied to the skin for a very short time, either seconds or minutes, according to the strength of

ELECTROLYSIS.

This process, properly performed, is a sure and permanent cure for superfluous hair, yet the operation requires skill and is, therefore, expensive, since a specialist who thoroughly understands the work must be employed. Even then the operation is apt to be tedious, since every single hair root has to be separately acted upon, and it is somewhat painful, as a minute flash of lightning has to be passed through each hair follicle, and to do this a sharp needle has to be inserted one-sixteenth of an inch into the skin whilst an electric shock is made to circulate through the needle and the hair root,

An electrolysis specialist should also be a medical man, for electrolysis is not a trade that any unskilled person may carry on. A lady who values her appearance would be as unwise to undergo electrolysis at the hands of an amateur as she would be to allow a plumber and gas-

fitter to stop her front teeth instead of a qualified dentist.

There are, however, certain well-known experts who have long experience of electrolysis, who can be safely trusted; for instance, Mrs. Ada S. Ballin, the gifted Editress of "Baby," "Womanhood," and other magazines, has performed some thousands of successful operations and has developed exceptional skill. Whilst speaking on this subject, I may repeat that electrolysis, though somewhat expensive and tedious, is the only permanent cure for hair on the face.

Recipes for washes, restorers, tonics, stimulants, pomades, shampoo powders, dyes and stains will be found in the appendix.

THE EYES,

Very few persons know what it is in the eye which renders it so powerful a feature in expression, and some persons will tell you that the variety of expression is not due to changes in the eye itself,

but to alterations in the shape and contour of the other features: thus they say that if you cover the face, excepting the eyes, which are seen through two holes in a mask, no expression or change of expression can be produced, and though this is not entirely true, it is certain that the eye depends very largely upon the mobility of the mouth and the palpebral surroundings for its wonderful powers of expression; but there are at least two features in the eye itself which grant it these powers, one being the change in the amount or nature of the moisture which naturally surrounds the globe of the eye, so that under the influence of certain emotions our eyes glisten and sparkle, whilst at other times they are comparatively dull and wanting in lustre.

The second, and by far the most important, however, is the size of the pupil. An observant person will have noticed that an angry man has in the moment of his rage the tiniest specks for

pupils. In fact, any unsympathetic or hard feeling causes the contraction in the size of the pupil which gives the cold steely look which children, students, and servants so much dread in those in authority over them. All soft, gentle, meditative, or lover-like emotions, on the contrary, widen and enlarge the pupil, and give a sympathetic and gentle expression to the eyes which, according to the amount of dilatation, may be dreamy and far off, or may be just sufficient to blend with the iris, giving a bewitching blaze that could never be stimulated by one whose pupils remained small.

The general and the soldier should have small pupils; but the lover, the poet, and the beautiful woman should have wide pupils, showing a deep black liquid centre, which has been termed the window of the soul.

The beautiful queens of Southern Europe in days gone by knew something of these facts when they discovered the

use of "belladonna," for the drug dilates the pupil and causes the eye to glisten.

I mention this, however, to warn my readers against, rather than to recommend its use, for the effect, beautiful though it may be, is secured at the expense of good vision.

EYEBROWS AND EYELASHES.

The possession of good eyebrows and long, turned, eyelashes enhances the beauty of a face. The question is therefore, often asked as to how their growth may be encouraged. The eyebrows may be stimulated by the use of cantharidine pomade and by regular friction with a soft brush, and by occasionally clipping the tips of the individual hairs. In the case of the eyelashes the habit of clipping the ends is not always productive of good results. Thinness or falling out of the eyelashes should be treated by means of the golden eye ointment referred to in the Appendix.

justifiable. To effect this purpose one can use either eyebrow pencils or stains.

There are two kinds of eyebrow pencils, those made with water and those compounded with grease or wax.

The water-pencils consist of lamp-black made into sticks, so that when dipped in water they can be used to paint a line where the eyebrow should be. These are open to the disadvantages that the mark always comes off when the face is washed, and, therefore, the process has to be constantly repeated. Many persons using water-black do it clumsily, so that the

artifice becomes apparent, and since it is "the highest art which conceals art," if water-black is used at all, it should be done so delicately that even the user can hardly tell that anything has been done. The same applies to the use of grease pencils, which have the additional defect that the mark easily rubs off.

The only serviceable method is the use of a silver stain. To make this preparation, mix a drachm of nitrate of silver, a drachm of liquid ammonia and seven drachms of distilled water together, and paint on the eyebrows and eyelashes very carefully, using a camel's hair brush. The face should first be washed to remove all trace of grease, and the operation should be performed in the daylight, and the face exposed to the sunlight if possible soon afterwards. The stain is quite transparent, and looks like water when applied but the action of the air and the light turns it into a dark brown of any shade desired. If the proportions suggested above give too dark a colour, the addition

of more distilled water will make it a lighter shade, whilst diminution of the water will darken the shade until a pure black is attained.

Extreme care is necessary to stain only the hair and not the skin, but if the skin is accidentally stained the colour can be removed by a little rubbing with soap and water, as this rubs off the superficial skin scales, but the stain on the hair is much more permanent, and will last on the eyebrows as long as six weeks in spite of regular washing.

The whole undertaking is a delicate operation, but with requisite care the effects are very gratifying.

THE MOUTH AND TEETH.

Those who really wish to preserve their teeth, and are willing to go to some little trouble, and also some expense, to carry out that object, should visit a dentist at regular intervals of not more than six months to have them thoroughly inspected, and any necessary filling, scraping,

or extraction performed. By this means incipient cavities can be prevented from enlarging, and tartar, which destroys and loosens the gums, can be arrested in its growth, the result as a rule being the preservation of the beauty, regularity, and soundness of the teeth, and the protection from the tortures of toothache.

It is not everyone, however, who will go to the trouble of undergoing this treatment. The visit is put off from day to day, and week to week, till months and years go by, and no dentist is seen, unless an attack of toothache or the rapid decay of a tooth ordinarily visible calls attention to the necessity. For these procrastinators I can only suggest the next best treatment, which consists of regularly brushing the teeth with a suitable dentifrice and rinsing out the mouth night and morning, and, if possible, after each meal, with water tinged to the colour of a delicate rose pink with permanganate of potash. This preserves the teeth from decay in a most remark-

able manner, besides curing offensive breath, and protecting from sore throats and other catarrhal affections. A few pennyworth of permanganate of potash will last a year, for it is only necessary to dissolve the very smallest particle possible in a tumbler of water to make this excellent antiseptic mouth wash and gargle.

The choice of a tooth-brush is an important matter, very hard ones are apt to wound the gums of sensitive persons, and scratch the enamel; but the opposite extreme will hardly cleanse the interstices between the teeth, therefore, a medium brush with a serrated surface is the best, for this gets well in between the teeth and removes the food particles, which otherwise decay and cause the same effect upon the teeth.

Powdered wood charcoal is an excellent cleansing dentifrice, but it is not nice to use, since it soils the toilet table and discolours everything with which it comes in contact.

Prepared chalk is also a very simple and effective tooth-powder, and if to this be added an equal quantity of a powder made by mixing orris root, heavy magnesia, pumice stone, and oil of peppermint, in quantities according to taste, a very agreeable and cleansing tooth-powder will be the result.

Many persons say that camphorated chalk is bad for the teeth ; but this is not so. It is, on the contrary, a simple, cheap, and effective tooth-powder. It is better for the teeth when it is made from prepared chalk instead of precipitated chalk. The latter has a better appearance, and, therefore, is more often used, but it is more gritty and more likely, when roughly or too constantly used, to find its way between the gums and the teeth, tending to loosen the latter. There is no disadvantage whatever in the use of camphorated chalk made from powdered prepared chalk, which is an amorphous or non-crystalline powder, excepting that it is not what might be called a good-looking

or elegant dentifrice. Those who desire a particularly agreeable and reliable dentifrice should obtain the Veronelle preparations which are made in the form of liquid and powder respectively.

THE LIPS.

Pale lips are the result of anæmia, for which iron tonics are needed. Cracked and hard lips generally indicate dyspepsia, gastric catarrh or costiveness, which should be treated medicinally and by appropriate diet. Local applications to the lips are only of supplementary value.

Lip salve is composed of white wax and almond oil coloured with alkanet root and perfumed with otto of rose. It is perfectly harmless as the alkanet colour is non-poisonous.

WRINKLES.

Wrinkles may be said to be due to three causes—firstly, the disappearance of the natural fat or padding which lies

under the superficial skin in all who are plump and well-favoured; secondly, to the contraction of the facial muscles of expression, by which frowns and smiles are produced; and, thirdly, to an alteration in the condition or the texture of the skin itself.

The first point in the avoidance of wrinkles, therefore, is to preserve the subcutaneous fat, which is sure to diminish as time goes on unless a sufficiency of proper nourishment is taken. Many women, in order to preserve a slim and delicate figure, underfeed themselves, and they forget that by so doing they starve the face as well as the figure, and encourage the formation of wrinkles of a kind that can only with difficulty be filled in or smoothed out again.

Some dignified old ladies, who possess skins as fair as the bloom-covered peach and are free from wrinkles, will tell you that they owe their beauty, in great measure, to the constant cultivation of a calm and bland demeanour, and no doubt

there is much truth in this, but here we have one of those pieces of advice which it is so difficult to carry out, and yet, to some extent, this advice can be acted upon, for an easy-going habit can be acquired, particularly when we remember that by worrying, fretting, and indulging in anxious broodings on trifles, we not only do no good, but destroy our peace of mind and our beauty at once.

The practical directions for the avoidance and cure of wrinkles may now be stated as follows:—

Eat a sufficiency of nourishing though plain and digestible food, which should not be deficient in oily and starchy aliments.

Avoid worrying about trifles, and cultivate, so far as may be possible, an even and philosophical temperament, and use facial massage regularly every day.

For the latter purpose procure a pot of Veronelle Cream. A little of this should be smeared on the skin after well washing in hot soft water at bed time, and then

the face should be gently but firmly rubbed with the balls or soft tips of the fingers.

This process improves the facial circulation and thereby the subcutaneous nutrition, and so it directly prevents the loss of fat padding which, by leaving the skin loose, leads to the formation of wrinkles. It also benefits the complexion, improving the colour and tone of the integument and curing blackheads, pimples, and other disfigurements.

The great points, however, in making a success of this process are regularity and patience. No immediate results can be expected, and so many ladies become tired of what they too hurriedly deem a useless labour, whereas, if they were to continue with perseverance and hope, they would not be disappointed eventually.

BATHS AND BATHING.

CLEANLINESS.

Twice a day during our infancy is our skin cleansed, softened and sweetened by

the wholesome use of balmy soap and pure soft water, and therefore, perhaps, it is that children's complexions possess such a clear, transparent bloom, which so often fades into sallow coarseness as infancy recedes; for often with our diminishing dependence upon our nurses' gentle care, the frequency of our ablution and its thoroughness also decrease. Every person, whether old or young, to be thoroughly healthy must be clean, and this is not possible unless the whole of the skin is thoroughly washed once in twenty-four hours. It is so often forgotten that the skin is one of the most important organs of the body for getting rid of the poisonous matters generated in the blood. The amount of moisture and of poisonous excretion daily ejected by the tens of millions of skin ducts which we call the pores is almost beyond belief. Were these pores placed end to end, many, many miles of minute tubing would be the result; and to preserve our health every single one of these little

tubes should be kept in full working order. The clothes which we wear, though a necessary protection from the cold, do not favour the integrity of the skin ducts, which can only be maintained by the regular use of soap and water. Were the skin of any person to be completely varnished over, death would take place within fifteen hours; indeed, it would happen long before then excepting for a provision of Nature which enables one organ to do duty for another. Thus it is that when the skin ducts are partially blocked, the kidneys and lungs excrete a great quantity of poison which should have been dealt with by the skin. People who are dirty are invariably overworking the lungs and kidneys, which fact accounts for the prevalence of lung and kidney diseases.

For purposes of cleanliness tepid baths taken every morning are the most generally serviceable, whilst an occasional turkish vapour or hot bath is of the greatest assistance in maintaining the

normal and healthful activity of the skin. Those whose circulation is vigorous and who find a healthy glow following a cold bath may dispense with the addition of warm water to the morning tub, and those who are feeble may, on the other hand, indulge in a moderately warm bath, say at a temperature of ninety degrees, but for the majority, a tepid bath at about seventy degrees is best.

There are many diseases exclusively due to dirt, and it is safe to say that every skin disease is aggravated thereby.

Some persons wash themselves with regularity, but they do not sufficiently often change their wearing linen. This is a great mistake, as the clothing becomes saturated with the poisonous excrement, which defeats the objects of the ablution.

TURKISH BATHS.

Turkish baths are recommended for the removal of various skin defects, such as acne pimples, blotches, greasy skin

(seborrhœa), pasty complexion, black-heads, and other cutaneous disorders. Besides the good effect of Turkish bathing, upon the skin there stands the apparently contradictory fact that fat persons become more slender and shapely, whilst thin persons increase in weight under its influence. The explanation is that the bath, by causing the more complete oxidation of the tissues, removes superfluous adipose tissue, whilst by promoting the appetite and the trophic or tissue-nourishing functions it enables an unduly lean person to lay on flesh.

Portable bath cabinets can now be bought, to enable those who prefer it to enjoy a Turkish bath at home.

The invigorating and beneficial effects of sea bathing are well known.

Electric baths, thermal and mineral baths are chiefly used by those suffering from rheumatism, gout, or nervous disorders, and generally under medical supervision.

One of the best of medicated baths is

made by using Anturic Bath Salts, obtained from the Anturic Salts, Limited, 12, Suffolk Street, Pall Mall. These salts are especially recommended for those suffering from gout, rheumatism, or sciatica. They also improve the complexion by removing impurities from the blood.

DIET IN RELATION TO HEALTH AND BEAUTY.

In earlier chapters the question of diet has been considered in dealing with cases of obesity and leanness, and suggestions have been made as to dishes to be avoided by those who wish to secure and preserve clearness of complexion, brightness of eye and freedom from blotches and pimples and from sallowness of skin.

In deciding as to the best diet in any particular case many factors have to be taken into consideration; for instance, the nature of the life to be led and the amount of physical and mental activity, the climate in which the individual lives,

and the vigour of the digestive and excretory functions. In all cases, however, it may be advised that the food should be simple and moderate in quantity, excess of any kind being both destructive of both health and beauty, and whatever food is consumed should be subjected to very thorough mastication. This is of the utmost importance, for even the best and most suitable food may be injurious if it is not completely comminuted before being swallowed. These two points, namely, moderation as to quantity and thoroughness of mastication are the chief secrets of efficient digestion and consequently of proper assimilation, and the resultant purity of blood. It is desirable to drink as little as possible with food, the drier the chief meals are, the more saliva will be employed in mastication and the better will be the digestion. Fluid may be taken in moderation at the end of a meal, and pure water may be drunk with advantage between meals and especially

on awaking and at bed time, but when eating solid food avoid drinking, and also beware of soups and sloppy foods, which encourage neither the saliva nor the other digestive secretions.

Simple foods are the most wholesome ; entrees, highly spiced dishes and rich cooked fats are productive of unattractive complexions. Especially avoid greasy dishes that have been cooked in the frying pan ; the effect of frying grease is to split up the fat into various compounds, some of which are of an irritant nature.

Pickles, sauces, " ripe " cheeses, bacon, pork, pastry, and doughy concoctions of preserves and flour are best let alone by those who desire to keep a good digestion and a clear skin.

Complex meals are difficult to digest. A slice of beef with a potato, followed by a small quantity of milk pudding, may be digested with comfort by a person who would fail to cope with a meal consisting of soup, beef with Yorkshire pudding, vegetables and gravy, and ending with

pastry or a rich pudding, and if to these are added an entree, a savoury, cheese and dessert, a tax is levied upon the digestion, which in turn is exacted from the blood, and finally tends to injure the complexion.

Beauty is worth purchasing at the cost of simplicity and moderation in diet and thoroughness in the act of mastication, more especially as these admirable habits, whilst tending to ensure health and comeliness, also promote a sense of well-being and vigour which everyone having experienced must appreciate.

MEDICATED AND TOILET BATHS.

In the first edition of this little book I devoted a short chapter to the subject of baths and bathing, endeavouring to shew the extreme importance from the points of view of health and beauty, of keeping the countless millions of tiny pores and skin ducts in a state of functional cleanliness; I also said a few words as to Turkish, Electrical, and Mineral baths, and incidentally referred to the Anturic Bath Salts, which have gained so high and well-deserved a reputation throughout the whole world during the past few years. It has been suggested, however, that this work would be incomplete unless the subject of medicinal and toilet baths were dealt with more thoroughly, since Cleanliness, Godliness, Health, and Beauty are all so much more akin than the average person supposes; and bathing is the simplest way of achieving cleanliness.

Cleanliness, however, involves something more than a mere cleansing of the surface of the body, indeed it often happens that a cleanly exterior conceals impurities within which are of the nature of dirt ; and in such cases an ordinary bath will not suffice, though a medicated bath may work wonders. These facts were realized by the ancient Romans and Greeks, who never neglected the natural spa or bathing place, and even now our neighbours on the Continent make much greater use of natural mineral waters for external use than we do in this country.

NATURAL BATHS.

It is true that we have at Harrogate, at Bath, at Droitwich, at Woodhall Spa, and other places, a number of medicinal springs of which some use is made, but the average Englishman, though perhaps fonder of his ordinary morning tub than his Continental neighbours, neglects the medicated bath to such an extent that he suffers from many aches and pains which

a judicious use of a mineral bath would rid him of.

I am well aware that those who can afford it make long, tedious and expensive journeys to such crowded spas as Carlsbad, Bagnieres de Luchon, Salsomaggiore and other places, where they take a course of baths for a few weeks in every year; and I know that the result of such visits is, more often than not, eminently satisfactory, in that the patients leave England with their blood and joints and tissues generally laden with uric acid and other deadly poisons manufactured in their own bodies, the presence of which is destructive alike of health, comfort, comeliness and temper, and that they return home in better spirits, with improved health, and lighter step, and brighter eye; too often, alas, to recommence the career of indulgence or over-indulgence, in what are termed the "good things of life," which had brought about the condition of ill-health from which they suffered. But, then, for every one who can afford to go

to Carlsbad once a year there are hundreds who must stay at home, and, therefore, however beneficial the natural mineral bath may be, it is only available for those who have money and leisure at their disposal. Happily, however, in the Anturic Bath Salts, a bath has been discovered which is of such undoubted value to those who seek health, as well as to those who cultivate beauty, that I am satisfied that these pages will be well employed in describing its powers and in comparing it with some of the best known of natural mineral water baths.

THE ANTURIC BATH SALTS.

The Anturic Bath Salts are primarily used as a cure for Gout ; for this disease, in common with many others, is due to the accumulation, either in the blood, or the muscular tissues, or in the joints, of Uric Acid or Urate of Soda, and the Salts of which the Anturic Bath is composed have the unique power of dissolving

the Uric Acid, causing it to exude through the pores, to be neutralized by the alkaline bath water. The Anturic Bath is therefore the most effective cure known for all diseases caused by Uric Acid, and these include Gout, Rheumatism, Lumbago, Sciatica, and many forms of Neuralgia, but incidentally by purifying the blood, as no drug internally administered can purify it, the Anturic Bath Salts improve the complexion, and clear the skin in a fashion that seems positively marvellous. They also refresh and invigorate the body to a degree that must be experienced to be fully realized. A curious and almost universal effect of an Anturic Bath is to produce quite a voracious appetite in the bather, and this is in no sense because the bath is exhausting, but on the contrary, is due to its invigorating and blood purifying properties. An Anturic Bath is one of the best of remedies in cases of chills, and influenza in its earliest stages. It will often ward off an attack, even after the familiar symptoms

of pains in the limbs, headache and feverishness have set in.

BRITISH AND FOREIGN SPAS.

In order to appreciate the value of the Anturic Bath it will be well to say a few words as to the effect produced by some of the natural baths, both at home and abroad. Dr. Hermann Weber, in his book on balneology, says that the effect of warm alkaline baths is to "promote the excretion of the cutaneous glands, and to act as a diaphoretic, and at the same time to increase diuresis," the Salts dissolved in the bath water, he suggests, "saturate the epidermis, and by coming in contact with the outermost nerve-endings, impart a stimulating effect to the bath." "The greater stimulating effect," he adds, of "soolbäder" (baths containing salt) "is, of course, generally admitted;" he then states that "gases dissolved in a bath may pass into the circulation."

I merely quote this authority to shew the influence over the functions of the body which may be exercised by mineral baths, and I now propose briefly to classify a few of the well-known natural baths.

One of the most ancient of Spas in this country is that of Bath, which was greatly resorted to in the days of the Roman occupation of Britain ; the waters consist of carbonates and sulphates, and prove valuable in cases of Gout, Rheumatism, Neuralgia, and Lumbago.

The baths of Droitwich are saline, that is to say, that the water is strongly charged with common salt, in fact the Droitwich water is ten times as strong as sea water; the diseases treated at Droitwich are Gout, Rheumatism, &c., as at Bath. • Harrogate is another famous British Spa, where there are no less than eighty natural mineral water springs, some of them sulphurous, others saline, whilst some are chalybeate (or iron bearing), here again the chief diseases treated are those of Uric Acid origin. The same may be

said though in varying degrees of Buxton, Leamington, Malvern, Matlock, and Woodhall Spa, in fact wherever mineral baths are found, one may be sure that the elimination of Uric Acid from the system is one of the chief, if not actually the principal object aimed at, and if we cross the Channel and visit continental countries it is the same, whether we go to the Pyrenees where at Luchon and other places we find hot sulphur baths ; or to Carlsbad in Bohemia, celebrated for its salines ; to Aix-les-Baines, in the Savoy ; to Vichy in France ; or to Marienbad, which is still another Bohemian Spa ; we always find the same story that the hundreds of thousands of visitors and patients come to the Spas with their bodies charged with that deadly poison Uric Acid, hoping to leave with renewed health and an increased capacity either for work or enjoyment, which naturally follows the eradication of the dread poison from which more than half the civilised population of the Globe suffers in some degree.

GOUT CURED AT HOME.

As already suggested, one of the chief disadvantages of the Spa treatment is the difficulty and expense involved in leaving home, but this is no longer necessary, for since the discovery of the "Anturic Bath Salts" a more efficient remedy for Uric Acid than any hereto known is at hand and available at little expense, and may be employed in the privacy of one's own bath room.

The "Anturic Bath Salts" are simply dissolved in an ordinary hot bath which is taken at as high a temperature as may be comfortable. The patient reclines for a quarter of an hour or thereabouts, never prolonging the bath beyond the point at which it ceases to be thoroughly enjoyable. The effect in cases of Gout, Rheumatism, Sciatica, and Lumbago is often immediate, though of course chronic cases may require a prolonged course of the baths, but in almost all cases the patient leaves the

bath invigorated, refreshed, and with a healthy appetite, and it is often noticed that if he has previously suffered from insomnia he enjoys a most comfortable and refreshing sleep on the night after the first bath. However, readers of this book who are curious will find testimony as to the effect of the baths in subsequent pages, and here I may say that the Proprietors of the "Anturic Bath Salts" have placed at my disposal an enormous number of letters, some from well known and influential men, including many physicians, but that in most instances, fearing that they might be mistaken for testimonials, of which so many are printed anonymously by the vendors of quack medicines, they requested that their names and addresses should be withheld, therefore I have selected from the letters (the originals of which in all cases were handed to me by the "Anturic Salts" Company) only those in respect of which the Company had received permission to publish them together with full names and addresses. There is only one

letter from which I will quote an extract without publishing the name, my object in making the quotation being that it expresses so clearly the fact that in writing of one's experience of such a method of treatment as that of bathing with the "Anturic Bath Salts," one is not giving a testimonial to a quack nostrum.

The writer of the letter from which the following is quoted is a Justice of the Peace and was for many years the Chairman of a School Board, being now the Chairman of an Educational Committee under the Education Act now in force ; he writes as follows :—

To the "ANTURIC SALTS," LTD.,

January 1st, 1907.

DEAR SIRS,

Some months ago I procured the first dozen tins of "Anturic Bath Salts" for my wife, and at her request I am sending you the following account of the benefit she has derived from their use.

I should hesitate before writing anything in the nature of a testimonial in favour of any patent medicine, however valuable it might appear to be, but it seems to me that these Bath Salts belong to quite a different category, and are no more to be regarded as a patent medicine than are the Sulphur

Baths at Harrogate or the Brine Baths at Droitwich, or the Hot Springs at Bath, or the waters at Buxton, all of which have been patiently tried by my wife, who has unfortunately suffered for fourteen years from gout, rheumatism and rheumatic gout.

Until recently, in spite of every remedy, my wife suffered so severely that she could only get about with extreme difficulty, both knees being swollen and the hands so lamed that it was impossible to hold knife and fork with any ease or comfort.

Since regularly using the "Anturic Salts" a very marked improvement has set in and at the present time the swelling of the knees has already reduced so much that the circumference of the right knee (which was the worst) has diminished by four and a quarter inches and the hands are so much better that the knife and fork can be employed without pain or difficulty, moreover the general health has been benefited to an extent equalling the local improvement.

Lastly, my wife enjoys the baths for their own sake and feels better after every one.

You may be interested to know that I commenced getting the "Anturic Salts" for my wife in September last, and that I am procuring the fifth dozen this week, having used three dozen and ten tins up to the present time.

Yours faithfully,

_____, J.P.

[The writer adds that he would prefer that his name should not be published, but he will be happy to answer questions, and, therefore, he does not object to his letter being shown to personal enquirers.]

ANTURIC TOILET SALTS.

I have occupied considerable space in dealing with the "Anturic Bath Salts" as a remedy for Gout, Rheumatism, Lumbago, Sciatica, and kindred ailments, which may at first sight seem somewhat out of place in a book devoted to beauty and the preservation of youth, but if I have done so it is because I realise so well how much the preservation of health has to do with the preservation of youth and beauty, and I am so profoundly convinced that of all diseased states, that resulting from the presence of Uric Acid in the system is most surely calculated to destroy youth and beauty, since the ailments to which it gives rise are in themselves disfiguring, in that they destroy all capacity either for activity or enjoyment, moreover the depressing effect which they produce upon the spirits and the temper makes one grow old sooner than anything else. However, there is something to be said

about "Anturic Salts" which is even more strictly germane to my subject, for the "Anturic Salts," Limited, finding that so many of their clients wrote asking them if after being cured of their Gouty troubles they might continue to add a few teaspoonfuls of the Salts to their water used for washing, since they found this so refreshing and exhilarating, whilst at the same time it softened the water as no ordinary water softener can achieve it, have recently devised for the benefit of their customers a special quality of the Salts known as the "Anturic Toilet Salts."

This is a new preparation, but I have made a careful trial of it during the last few months and I find that its effects fully confirm and justify all that is claimed on its behalf by the Company,

It is not intended to compete with, or replace, the "Anturic Bath Salts," in cases of Gout, Rheumatism &c., but it is recommended as a pleasant and refreshing Toilet Salt, which will give to the water in which it is dissolved exhilarating and

stimulant properties which render it one of the best of skin tonics. It will improve and clear the complexion and soften ordinary tap water sufficiently to render it as pleasant to use as the purest rain water. It is strongly recommended for use after motoring, tennis playing, or any active exercise, and gentlemen are advised to add a pinch of the Toilet Salts to their shaving water which will have the effect of softening the beard, thus promoting a clean and comfortable shave.

“Anturic Bath Salts” and “Anturic Toilet Salts,” can be obtained from all chemists, prices and particulars will be found in the advertisement pages.

Those who procure and make regular use of them will fully realize that they are one of the most effective aids to the preservation of Youth and Beauty.

AUSTWICK HALL,
LANCASTER,
2nd April, 1907.

DEAR SIRS,

I enclose P.O. for 3s. in payment for two tins of "Anturic Salts," which have done my Gouty Eczema more good than anything I have hitherto tried.

A friend wrote to me two days ago:—"The 'Anturic Salts' have made a new man of me." I had given him your little booklet about two months ago.

You are at liberty to use this as a testimonial.

Yours faithfully,

T. R. CLAPHAM.

100, LORD STREET,
WOLVERHAMPTON.
22nd April, 1904.

DEAR SIRS,

Many thanks for the "Anturic Salts" which you so kindly sent at my request. Their powers are wonderful, and a trial of them has proved to me that they possess all the qualities spoken of them. I shall recommend them to friends. I enclose P.O. for 3s. 6d. for another tin.

Yours gratefully,

ALFRED E. JONES.

100, LORD STREET,
WOLVERHAMPTON,
May 4th, 1904.

SIRS,

You may make whatever use you choose of my letter. I am glad to say that I find the good

effect of "Anturic Salts" to be ~~lasting, permanent~~
relieving. Kindly send on another tin, for which
I enclose P.O.

Believe me to be, Sir, yours sincerely,

ALFRED E. JONES.

Messrs. Anturic Salts, Ltd.

INGLEWOOD, WEST BYFLEET, SURREY.
THE "ANTURIC SALTS" LTD.,
379, STRAND, W.C.

GENTLEMEN,

I have much pleasure in informing you the great amount of relief I am receiving from the Salts Baths, since I got your book three weeks ago I have had not less than two a week, sometimes before lunch and sometimes before going to bed. My joints, only at my ankles, are still swelled, and an itching in my legs, and there is a bit of dropsy. My appetite is coming back and I have not taken any kind of medicine, and have gone back to my usual food. Of course, you know I am retired and an old Captain. . . . I am very determined to get the Uric Acid out of my system.

Yours faithfully,

JOHN D. THOMSON.

INGLEWOOD, BYFLEET, SURREY.
29th November, 1906.
THE "ANTURIC SALTS" LTD.,
379, STRAND, W.C.

GENTLEMEN,

I duly received your favour of yesterday, and you are at liberty to make use of any of my letters and publish my name. I am crying out for another Bath, so will have one before going to bed, and trust to have a good night's rest, as I got a

27, PORTLAND ROAD, GRAVESEND.

I have much pleasure in letting you know that the trial tin of "Anturic Bath Salts" you sent me did me so much good. I at once ordered six more tins, and have been having baths twice a week. I am completely cured now of my Rheumatism, am quite free from pain, and feel quite a different man.

I have recommended the Salts to several people here, who are now using "Anturic Bath Salts," and I have been told by some that the effect they have had on them has been simply astonishing.

One man tells me he had not been able to get about for months, and the day after his first bath he walked about four miles, and now he can walk about all day long.

F. AYLES.

BRANDON HOUSE SCHOOL, CHELTENHAM,

February 25th, 1907.

GENTLEMEN,

Some seven or eight years ago, I was suffering, and had been suffering for $1\frac{1}{2}$ years, from very severe Lumbago and Sciatica. I took a course of your "Anturic Bath Salts" (eight baths in three weeks) with the result that at the end of that time was cured.

On several occasions since I have had a slight return of the Lumbago especially after playing

games, but have got immediate relief by taking one or two of the Baths. I have much pleasure in recommending your Salts to many of my friends, with most satisfactory results.

Yours truly,

E. R. GURNEY, B.A.

"SALISBURY."

"I tried the "Anturic Salts" in my own case of acute Sciatica, and was much surprised at the relief it gave me.

The Salines it contained have the curious and useful power of penetrating the skin, etc., and give almost immediate relief, and render a stiff limb or back quite supple at once.

HARCOURT COATES,

M.R.C.S.E., L.R.C.P.Lond.

FAIRFIELD, BIRCHINGTON.

6, 7, 07.

DEAR SIR,

In reply to your letter I have found the "Anturic Salt" baths wonderfully soothing and relieving to rheumatic pains. I have used them for some months and have derived considerable benefit.

Yours truly,

G. W. GREENE.

FAIRFIELD, BIRCHINGTON,

July 10th, 1907.

DEAR SIR,

I have no objection to your publishing my opinion of the effects of "Anturic Salts," with my name and address.

Yours truly,

G. W. GREENE.

154, CEMETERY ROAD, DONCASTER,

July 9th, 1907.

DEAR SIR,

I am pleased to tell you that I have used four or five tins bought from Boots' Stores, and I have not been troubled with any gout since, and at the present am quite well. Thanking you very much for the third tin of "Anturic Salts" you so kindly sent me.

Yours truly,

GEO. SELEAGTON.

154, CEMETERY ROAD, DONCASTER,

July 12th, 1907.

DEAR SIR,

The five tins of your "Anturic Salts" I have used have quite cured me of the gout up to the present time, and am now quite well, so you can use my name with pleasure.

Yours very truly,

GEORGE SELEAGTON.

SUMMERHILL LODGE, CHISLEHURST,

July 8th, 1907.

DEAR SIRS,

In reply to yours of this morning, I have much pleasure in stating that I have derived much benefit from the "Anturic Salts."

I used them frequently to commence with, but now only employ about once in ten days, or at any time if I feel any symptoms.

I suffered before Christmas from acute Sciatica or some doctors called it neuralgia, and I used

your salts after seeing the advertisement in the *Mail*, and have had great relief.

Yours truly,

(Mrs.) E. HARDEE.

SUMMERHILL LODGE, CHISLEHURST,

July 11th, 1907.

Mrs. Hardee has no objection to her letter being used if of any value.

IVY HOLM, SOUTHPORT.

I had rheumatism in my right arm for some time, and after two baths had relief, and it is now entirely gone. I hope your system of baths may prove successful, inasmuch as the bulk of the blood circulates through the body near the skin; therefore it is there where the uric acid will be found. I think you are on the right tack, and believe it a great blessing to humanity that these "Anturic Bath Salts" will be able to extract this uric acid therefrom, as it is this acid which causes all the trouble in gout and rheumatism.

JOHN McCABE.

Anturic Bath Salts, 1/6 per tin.

Anturic Toilet Salts, 2/6 per tin.

Anturic Salts, Limited, 379, Strand, W.C.

Bagshawe's Toilet Preparations.

**Messrs. G. S. Bagshawe, 122, Laurance Hill,
Bristol.**

Veronelle Cream.

**The Veronelle Toilet Works, 55, Sidmouth
Street, London, W.C.**

Water Softeners. (*see Anturic Toilet Salts above*).

Gluten Breads.

Messrs. Callard & Co., 74, Regent St., London, W.

John Strange Winter's Toilet Preparations.

14, West Kensington Mansions, W.

Clarkson's Lillie Powder, &c.

M. W. Clarkson, 41-43, Wardour St., London, W.

Courtauld's Gripe. (*see Advertisement*).

RECIPE FOR HAIR STAINS.—Ten grains of permanganate of potash dissolved in two ounces of distilled water and applied to fair hair produces a reddish tinge, which can be deepened by diminishing the amount of water. If carelessly applied it will stain the skin, but in this case the stain can be rubbed off. This hair stain is not permanent, and therefore requires more frequent use than does a dye. A fresh tincture of green walnuts is sometimes used as a hair stain

GRAPELAX.

The Ideal Tonic Laxative for Children and Adults.

Each small size Bottle of **Grapelax** represents two pounds in weight of the best Greek Currant Grapes, with nothing abstracted beyond the useless fibrous matter and seeds, and a proportion of the moisture. This delightful grape essence or syrup is blended with ten per cent. of a sweet extract of an Egyptian plant having tonic and laxative properties.

GRAPELAX is a NATURAL TONIC.

GRAPELAX is a NATURAL APERIENT.

GRAPELAX is a NATURAL NUTRIENT.

GRAPELAX is a NATURAL DIURETIC.

Take no more pills or purgatives, but keep the blood in order and the health vigorous by using **Grapelax**, which is as pleasant and palatable as the grape itself, from which it is prepared.

Price, 1/1½ and 2/9 per bottle.

From all Chemists, or from

**THE GRAPELAX CO.,
379, Strand, London, W.C.**

BEAUTÉ TOILET PREPARATIONS.

BEAUTÉ CREAM.

The well known efficacy of Massage as a Toilet adjunct has made it imperative that a reliable cream should find a place on every lady's dressing-table. This Cream, used daily, will render the Hands soft and smooth, whilst for the Face it is invaluable, allaying irritation and redness, removing freckles. Used purely as an aid to Massage, Wrinkles, Loss of Tone in the Skin, and other ravages of time, disappear as by magic.

Price 1/- per pot, post free.

BEAUTÉ TOOTH PASTE.

This elegant preparation whitens the teeth (not as many common tooth powders, which contain gritty substances, and while cleaning the teeth remove a part of the enamel and so render them liable to decay). The ingredients from which our Beauté Paste is prepared, being in the finest possible state of division, render this undesirable action impossible. Beauté Paste perfumes the Breath, prevents and removes Tartar, and renders the Gums firm and healthy. Being in collapsible tubes, it is convenient to the traveller.

Price 1/- per tube, post free.

To those who prefer it, BEAUTÉ TOOTH POWDER is recommended as a similar preparation in the form of a powder, sent out in special tins with Patent Sprinkler.

Price 1/- per tin, post free.

BEAUTÉ HAIR CREAM.

This delightful preparation, which is a scientifically prepared HAIR FOOD, renders the hair glossy, removes Dandruff, stimulates growth and is an excellent "Dressing" under all conditions. It is therefore a *sine qua non* of the Toilet. It is unique in form, and in advance of the many preparations usually sold in bottles. The alarming increase in baldness should make this preparation of peculiar interest to many, as nothing which has previously been offered to the public can compare with Beauté Hair Cream as a Restorer and Preserver of Nature's most attractive adornment. Being in a tube it cannot be broken, an accident which so often ruins the toilet and temper.

Price 1/- per tube, post free.

W. S. BAGSHAW & Co., Manufacturing
Chemists,
122, LAWRENCE HILL, BRISTOL.

Veronelle Cream

A Few Special Features of this Exquisite Preparation.

It is not greasy.

When rubbed into the skin it is absorbed, leaving no stain.

It softens and soothes the skin as no other preparation can do.

Its wonderful powers of penetration enable it to promote local circulation and nutrition, thus preventing and removing wrinkles, and veritably assisting in the "preservation of youth."

It is the best skin food, and the most efficient massage cream.

It has two uses for men, first as a soothing application after shaving, and second as a means of keeping the hair in position without the slightest appearance of greasiness. A small quantity applied to the hair will have this effect, and at the same time will promote the growth and vigour of the hair.

Veronelle Cream is sold in two sizes, 1/- & 2/6.

It may be obtained through any Chemist, or direct from

**THE VERONELLE TOILET WORKS,
55, Sidmouth Street, London, W.C.**

IN SPITE OF

The EFFICIENCY in cleansing and preserving the teeth, which has made this dentrifice so popular ;

The EASE - - with which it can be procured, as owing to the extensive demand nearly every Chemist stocks it ;

The LOW PRICE at which it is sold, well within almost every one's means—
(6d., 1 - & 1/6 per Tin).

Some people still, as the poor condition of their teeth shows, neglect to use regularly

GALVERT'S OARBOLIO TOOTH POWDER.

WHY?

All who wish to improve their Hair and Skin should use the uniquely effective Toilet Preparations invented and placed on sale by

JOHN STRANGE WINTER,

The Popular Author of "Bootles' Baby," etc,

JOHN STRANGE WINTER'S HAIR FOOD 2/6

A Marvellous Hair Grower.

KARMALAK. An effective Hair Preserver. 2/6

LAKSHMI. A Perfect Skin Cream. ... 2/6

CRÈME MARQUISE. ... 1/- & 2/6

An Exquisite Skin Cream.

POUDRE MARQUISE. ... 2/6

An elegant Face Powder.

SAYON MARQUISE. AN IDEAL SOAP 1/-per tablet 3 for 2/6

At all Chemists or direct from

JOHN STRANGE WINTER, 14, West Kensington Mansions,

(Postage 3d. extra.)

LONDON, W.

Author's New Booklet " COMELY WOMAN," and further information sent free to any address. Correspondence confidential.

IMPORTANT NOTICE.

Mr. W. CLARKSON has removed to
more central and commodious premises.

. . . 41 and 43, **WARDOUR ST., W.**

(2 doors from Shaftesbury Avenue and close to Appollo Theatre).

Clarkson's Celebrated Lillie Powder.

FOR THE COMPLEXION

THE GREATEST AID TO YOUTH AND BEAUTY. -*Vide Press.*

1/- per box.

"The Original and still the Best

**The Greatest Modern Improvement for
Ladies' Comfort.**

Sold in Packets containing one
dozen, from 6d. to 2s. From all Drapers,
Ladies' Outfitters and
Chemists,
&c.

SOUTHALLS'

**A
Sample Packet**

containing three size 0, and one each size 1, 2,
and 4 Towels will be sent post free for six stamps on
application to the Lady Manager, 17, Bull Street, Birmingham.

Southalls' Accommodation Sets at 10/6, 21/- and 42/- each.

Southalls' Sanitary Sheets in 3 sizes, 1/-, 2/- and 2/6 each.

Improved TOWELS

ANTURIC TOILET SALTS

FOR THE COMPLEXION.

The best Skin Tonic for use after Motoring and
all Outdoor Exercise. For Freckles and Sunburn.
Soothing and Refreshing.

Per Tin **2/6** FROM ALL CHEMISTS.

**Wholesale Agents:—ROCKE, TOMPSITT & CO.,
4, Redcross Street, London, E.O.**